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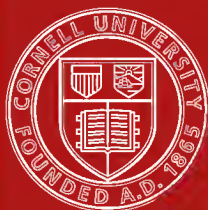
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DOMESTIC SCIENCE

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LESSONS IN COOKING.

The object of this study is to promote neatness, order, economy and accuracy.

Cooking is the art of preparing food by means of heat for the nourishment of the human body. Food is cooked to develop new flavors, to make it more palatable and digestible and to kill germs.

Heat for cooking is obtained by the combustion of inflammable substances; oil, wood, coal, coke, charcoal, gas, gasoline, alcohol and electricity.

The ripening of all grains and fruits is the natural cooking by the heat of the sun.

ELEMENTS AND COMPOUNDS.

Some substances are simple; that is, they consist of but one thing, for example, iron, tin, oxygen and carbon. A simple substance is an element. Other substances are composed of two or more elements, for example, water, carbon, dioxide, salt, etc. A substance composed of two or more elements combined is a compound. In a mixture each substance keeps its own properties; in a compound these give place to new properties belonging to the compound.

PHYSICAL AND CHEMICAL CHANGES.

A change in the form of matter without change in its composition is called a physical change such as the evaporation of water, the freezing of water, the melting of butter or lard.

A change in the composition of matter is called a chemical change, such as the rusting of iron, the burning of wood and the burning of sugar.

TO BUILD A FIRE.

Open the direct drafts, remove the ashes from the firebox and brush the under side of the lid, then put crumpled soft paper over the bottom of the box, then lay on fine soft wood cross-wise, next larger pieces of wood with a little soft coal on top. When the stove is blackened start the fire from the grate in front. Liquid polish should not be used when the stove is hot.

Wherever oxygen unites with another substance so rapidly that light and heat are given off, the result is burning or combustion.

CLEANLINESS AND CLEANING.

Dirt is anything unclean. It may be wet or dry. Dry dirt is called dust. There are two kinds of dust, visible or lifeless dust, such as the dust that collects on furniture, and invisible or living dust, such as germs and molds. Some kinds of dust are called bacteria and if they

enter the body may cause disease, such as consumption, diphtheria and typhoid fever. Other kinds cause food to spoil. Bacteria thrive best in dark, damp places, where other dirt is present. Anything that kills bacteria or hinders their growth is called a disinfectant. Light, air and water are the simplest disinfectants.

DISHWASHING.

Dishwashing is drudgery, only when made so by poor methods. Collect all dishes, scraping and rinsing them well and pile all of a kind together near the dish-pan. Wipe the table to have a place to put clean dishes. Have the dish-pan half full of hot soapy water and the drainer near. Do not leave the soap in the water but replace in soap-dish. Wash the dishes in the following order: glass, cups, saucers, silver, plates, larger dishes and platters, last, tins and cooking utensils. Rinse all dishes in hot water before wiping. Have plenty of dry wiping towels. When all dishes are washed, rinsed and wiped, put in their proper places. Empty the dish water. Do not put the handles of case knives or forks in the water as this cracks and loosens them and be careful not to wet the cogs of Dover egg beaters. Wash the lower part and wipe the handle with a damp cloth as the water makes them turn hard. Use wire dish rings for scraping the iron ware. Use Sapolio for removing the burnt food or for discolored enamel ware. Wash tea and coffee pots in hot water without soap, cleansing the spouts. Rinse in hot water, dry and allow to stand open for a while. Soak dishes that have contained starchy foods, milk and eggs in cold water; those having contained sugar in hot water. Wipe greasy dishes with soft paper and soak in hot water. Polish steel knives and forks with Sapolio or powdered scouring brick, rubbing with a cork. Clean silver with whiting and soft cloth; polish with chamois. Scrub moulding boards with the grain of the wood using a scrub brush and Sapolio. Wash dish and rinsing pan and wipe dry with a towel.

CARE OF DISH TOWELS AND CLOTHS.

Great care should be taken with the towels and cloths used in housekeeping as they may be a fertile source of disease. Have dish towels and cloths neatly hemmed and use them only for the purpose for which they were intended. Have two cloths, one for the dishes and one for the sink. Wash the dish towels once a day in hot soapy water and the cloths after each meal. Hang in the sun to dry.

CARE OF SINK.

When dish washing is finished, wash every part of the sink with hot soapy water, scouring if necessary. Keep it at all times free from scraps. If sink is of iron wipe dry after washing. Wipe the woodwork. Wash the strainer, soap dish and other sink utensils. Flush the sink with boiling water every day and once a week with a strong solution of washing soda. Keep the faucets bright and clean.

CARE OF REFRIGERATOR.

The refrigerator should be kept scrupulously clean. No food should be left in it long enough to spoil. Keep the food chamber dry. Clean the refrigerator thoroughly once a week, washing with hot soap suds or borax. Put the shelves in the sun or near the fire to dry. Rinse the waste pipe with a sal soda solution.

TABLE SERVICE.

Much of the comfort and cheerfulness of the family depends upon proper service at the table. No matter how plain the linen and tableware, they should be well cared for and arranged in an orderly and attractive manner. A few flowers or a small plant will do much to brighten the table. The cloth should be long enough to hang well around the table. Under the cloth, place a silence cloth of canton flannel, felt or some heavy material. Place the tablecloth in the center of the table with the folds straight and parallel with the edges.

Place the knife on the right side with the sharp edge toward the plate.

Place the fork on the left side with the tines up.

Place the soup spoon at the right of the knife, bowl up.

Place the teaspoons at the left of the forks or at the top of the plate as space permits.

Place the glass at the right hand side above the knives.

Place the butter or the bread and butter plate at the upper left hand side.

Place carving knife and table spoons at the right of the carver and the fork at the left.

Place extra spoons for serving vegetables at the right of the server.

When finger bowls are used put them on dessert plates with a doily underneath.

Where the hostess pours the tea or coffee arrange the service neatly in front of her.

Arrange the chairs at sufficient distance from the table so they need not be drawn out when people are seated.

RULES FOR SERVING.

Heat the dishes for food that is to be served hot.

When passing a dish hold it so the thumb will not rest upon the upper surface.

In passing dishes from which a person is to help himself pass always to the left side holding the tray firmly and low so that food may be taken with the right hand.

In passing individual dishes such as coffee and soup set them down carefully from the right side.

When the dishes are being served by a person at the table the waitress should stand at the left holding the tray low and near the table. Take on the tray one plate at a time and place in front of the person for whom it is intended, setting down from the right side.

When one course is finished, remove the individual dishes one at a time, never piling them on top of each other. Then take away those holding food.

Fill the glasses before every course, without removing them from the table. Never fill them more than three-fourths full, handling near the bottom.

Before the dessert is served, remove the crumbs from the cloth with a brush, crumb knife or napkin. Do not let the table become disorderly during a meal.

The waitress should be neatly gowned, and should wear a white apron. She should move quietly, not noticing the conversation of those seated at the table and be quick to anticipate their wants.

FOODS.

Organic.	Proteid or Tissue building.	Albumen Casein Fibrin Gluten Legumen.
	Carbo. Hydrates or Heat, fat and energy producing foods.	Starch & Sugar.
	Fat or heat pro- ducing food.	Vegetable Animal.
Inorganic.	Mineral matter or bone forming food.	Salt Lime Potash Sulphur Iron
	Water.	The solvent.

DIGESTION OF FOOD.

All food is changed into liquid before it can be taken into the blood, to build up worn out tissues.

The first step in digestion: In the mouth the food is crushed, mixed with saliva, which changes some of the starch to sugar, therefore the necessity of thorough mastication.

Second step: The gastric juice dissolves the proteids in the stomach.

Third step: In the intestines, the bile, pancreatic and intestinal juices act upon the food in three ways:

First—The rest of the starch is changed to sugar.

Second—The rest of the proteids are dissolved.

Third—The fat is divided into small drops and mixed all through the food, just as the cream is mixed through milk before it rises to the top.

HINTS ON HOW TO WORK.

See that the fire is ready for use or so arranged that it will be ready by the time it is needed.

Collect all materials and utensils that will be needed, including a pan on which to lay sticky knives, spoons, egg beaters, etc.

Take care not to make work for yourself by using more utensils than are necessary, for instance, by measuring dry materials first, then liquids, and last, fats.

When milk and eggs are used save a little of the milk to rinse out the bowl in which the eggs are beaten.

Use an earthen bowl and a wooden or granite spoon for mixing cakes, muffins, etc.

Have all materials ready for use, flour sifted and measured, eggs broken, raisins stoned, pans greased, etc., before beginning to put them together.

Cover the flour barrel, sugar can, baking powder can, soda, spices and vanilla as soon as you have taken from them what you need.

Clear up as you work, putting dishes to soak as soon as they are emptied and washing them at once if you have a moment to spare. Learn to work neatly, carefully, quietly and quickly.

PERSONAL CLEANLINESS.

Observe the following rules in the school kitchen and at home:

Always wear an apron large enough to cover your dress well.

Before touching or preparing any food wash hands thoroughly with soap and water; scrub the nails with the nail brush and clean them with a nail file. Keep a damp towel on hand to wipe your fingers when they become soiled or sticky. Always wipe them after touching your hair or handkerchief but never on your apron, handkerchief or dish towel.

The best way to taste of what you are cooking is to take a little of the food up with the mixing spoon, put it in a teaspoon, and taste from the teaspoon. If you should happen to taste from the mixing spoon, wash it before putting back in the dish.

METHODS OF COOKING.

Boiling is cooking in boiling water.

Steaming is cooking over boiling water.

Stewing is cooking in a small quantity of water for a long time at a low temperature.

Broiling is cooking over a clear fire.

Pan-broiling is cooking in a hissing hot pan without any fat.

Sautéing is cooking in a small quantity of hot fat.

Frying is cooking in deep fat, raised to a temperature of 350° to 400° F.

Baking is cooking in the dry heat of the oven.

Braising is a form of stewing in the oven.

Roasting is cooking before an open fire or in a hot oven.

METHODS OF COMBINING INGREDIENTS.

Stirring: Hold the bowl flat on the table and the spoon so the bottom will scrape the bottom and sides of the bowl—stir round and round until you cannot tell one ingredient from the other.

Beating: Tip the bowl slightly, hold the spoon so the side will scrape the bottom and side of the bowl. Bring the spoon up through the mixture with a long quick stroke to the other side and continue until light and full of bubbles.

Folding: Bring the material from below gently over the ingredient added and continue to cut and fold until thoroughly mixed but do not beat nor stir.

WEIGHTS AND MEASURES.

(All ingredients in these recipes are measured level.)

All dry materials should be sifted before measuring.

A cupful is one even full to the top.

A scant cup is one in which the material is one-fourth inch from the top.

To measure a cupful, put the ingredients in by spoonfuls, round slightly and level with a knife, taking care not to shake the cup, as this packs the ingredients.

A level spoonful is one in which the material is even with the edge of the spoon. One-half a spoonful is measured by dividing through the middle lengthwise.

Butter melted is butter measured before melting.

Melted butter is butter measured after melting.

Table of Abbreviations.

ssp.—saltspoon.
tsp.—teaspoon.
tbsp.—tablespoon.
c.—cup.
spk.—speck.
min.—minute.

hr.—hour.
qt.—quart.
pt.—pint.
lb.—pound.
oz.—ounce.

Table of Measures and Weights.

4 ssp.—1 tsp.
3 tsp.—1 tbsp.
16 tbsp.—1 c.
8 oz.—1 c.
2 c.—1 pt.
2 pt.—1 qt.
4 qts.—1 gal.

4 c flour—1 lb.
2 c solid butter—1 lb.
2 c granulated sugar—1 lb.
3 c cornmeal—1 lb.
2 $\frac{2}{3}$ c powdered sugar—1 lb.
2 $\frac{2}{3}$ c brown sugar—1 lb.
juice one lemon—3 tbsp.

LESSON I.

Starch.—Dry Heat.

When starchy foods are subjected to dry heat, they lose their character as starch, becoming dextrine. This is much more easily digested than starch. The change is similar to that which takes place in the mouth when starchy food is mixed with saliva.

Croutons.

Cut stale bread into one-half inch slices, remove crusts, and cut bread into $\frac{1}{2}$ inch cubes. Brown in a hot oven and serve with soup.

Bread Crumbs.

Dry broken pieces of bread in a warm oven till crisp but not brown. Crush until fine with a rolling pin or in a meat grinder; keep in closely covered glass jars or cans.

To Butter Crumbs.

2 tbsp. butter. 1 c crumbs. Melt butter, add crumbs, and stir lightly with a fork until all crumbs are evenly coated.

LESSON II.

Water.

Put a pan of cold water over the fire and watch it. Soon little bubbles form on the edge and bottom of the pan. This is the air in the water which is expanded by the heat. The bubbles break as they reach the colder water near the top, and the cold water being heavier, goes to the bottom. A slight motion is the result and the water is said to be simmering. The temperature is then 180° F. After a while all of the water becomes very hot. Larger bubbles form, breaking above the surface, causing a bubbling all over the top, and the water boils. The temperature is then about 212° After the water has reached the boiling point, it can be made no hotter under ordinary circumstances.

Uses of Water in the Body.

- To quench thirst.
- To thin blood.
- To aid digestion.
- To regulate the temperature.
- To assist the circulatory system.
- To stimulate the nervous system.
- To carry off waste.

The primary service of beverages or drinks is to quench thirst. Thirst being the body's demand for water, water is the best of beverages, other drinks satisfying thirst simply by means of the water they contain. While not nutritious, tea and coffee are useful food adjuncts, because they prevent tissue from wearing away. Both contain tanning, a substance injurious to the stomach and developed by boiling. They are much alike in composition, the difference being in the aromatic oils they contain.

Tea.

Tea is valued chiefly for its theine, a stimulating property, if not taken in excess. It also contains tannin, a bitter substance, which is used in making ink and tanning leather.

Tea consists of the dried leaves of an evergreen shrub, a native of China, though it is cultivated in other countries. Only the young leaves and buds are picked for the market, the youngest making the finest tea.

Freshly picked leaves, rolled and dried quickly by artificial heat, keep their natural color and are sold as green tea. Black tea is produced from leaves left in heaps upon the ground, to darken and develop a different flavor before being rolled. Both teas come from one kind of shrub.

Coffee

Coffee is the seed or "berry" of the cherry like fruit of a tropical evergreen, each fruit containing two berries. When the fruit begins to shrivel, it is shaken to the ground and dried until the seeds can easily be separated from the pulp. To do this, the seeds are run between wooden rollers, after which they are roasted in a revolving cylinder. Great care must be taken to have the degree of heat that will best develop the flavor and aroma.

The best grade of coffee is known as Mocha. A good mixture is one part of Mocha to two parts Java. Buy freshly roasted and unground coffee, and grind it at home as needed if possible, as ground coffee in many cases may be mixed with cheaper materials. Use an enameled or earthen coffee pot.

Tea.

1 scant tsp. tea. 1 c boiling water.

Scald tea pot, put in the tea, and pour over it the freshly boiling water. Steep from 5 to 10 min., but do not boil.

Coffee.

2 tbsp. coffee. 2 tbsp. cold water.
 ½ tsp. egg or ½ crushed egg shell. 1 c. boiling water.

Scald coffee pot, mix coffee, egg and cold water. Put in the coffee pot, and pour over it the freshly boiling water. Boil 3 to 5 min. and let stand 10 min. in a warm place. Pour out ½ c. and return to coffee pot. This clears the spout of grounds. Add a dash of cold water. This being

heavier than hot water, goes to the bottom, carrying the grounds with it.

A general rule for coffee is to allow 2 tbsp. coffee for each person, and 2 extra tbsp. for the coffee pot, with 1 c. boiling water for each 2 tbsp. of coffee. In making coffee in large quantities, it is not necessary to allow the extra coffee.

Toast Water.

Equal measures of stale bread, toasted, and boiling water.

Cut bread into thin slices, put into a pan and dry thoroughly in a slow oven until brown and crisp. Break into small pieces; pour over it the boiling water and stand 1 hr. Strain, season with salt, reheat and serve.

Apple Water. No. I.

Bake apple until tender. Put in a bowl, cover with 1 pt. boiling water. Cover and let stand until cold. Strain, add sugar if desired.

Apple Water. No. II.

Pare apple and slice fine. Cover with 1 c. boiling water. Stand until cold. Strain and sweeten to taste.

LESSON III.

Water—Continued.

Fruits.

All fruits contain large quantities of water, a little organic salts, mineral matter, sugar and acid. They have little food value, but on account of their medicinal properties, they should be more generally used.

Apples are especially valuable because they contain so much of these minerals. They are more commonly used, because of their abundance and cheapness.

Many fruits are preserved by drying. Such should be soaked in cold water for several hours or over night to supply the water lost by evaporation.

Gelatine.

Gelatine is a transparent jelly-like substance obtained from the tendons and bones of a calf. Most fruits contain a substance similar to this, called pectin, which causes the juices to jelly.

Gelatine is insoluble in cold water, but soluble in boiling water. Never cook gelatine, as this develops a disagreeable flavor.

To Cook Dried Fruits.

Pick over and wash in several waters. Soak over night or several hours in cold water, and simmer in the same water until soft. Sweeten to taste and cool.

Apricot Jelly.

$\frac{1}{3}$ lb. dried apricots.
2 c. cold water.
1 c. sugar.

Juice of 1 lemon.
 $\frac{1}{4}$ box gelatine soaked in
 $\frac{1}{4}$ c. cold water.

Wash apricots, soak in the water several hours. Cook in the same water till soft. Remove apricots and cut in small pieces. To apricot juice add boiling water to make 1 pt. Add soaked gelatine, sugar and lemon juice. Strain, add apricots and pour into a mold. Stir twice while cooling, to prevent apricots from settling. Serve with whipped and sweetened cream.

Baked Apples.

Wipe apples and core if desired. Put in a baking dish and fill the centers with sugar. If not cored sprinkle with 1 tbsp. sugar for each apple. Cover the bottom of the dish with boiling water and bake in a moderate oven from 20 to 30 min. or until soft. A little spice may be added if desired.

Apple Sauce.

8 sour apples. $\frac{3}{4}$ c. water.

Sugar and nutmeg or cinnamon to taste.

Wash, pare and slice apples. Put in a sauce pan with the water and cook until soft. Mash, add sugar and spice and 1 tsp. of butter.

Cranberries.

2 c. cranberries. 1 c. sugar.
 $\frac{1}{2}$ c. cold water.

Pick over and wash cranberries, put into a granite sauce pan. Sprinkle the sugar over them, add the water and after they begin to boil, cook slowly 10 min. closely covered without stirring. Push them down with a wooden spoon if inclined to boil over; for jelly, strain the fruit before sugar is added.

LESSON IV.**Milk.**

Milk, when pure, forms a perfect food and contains all the necessary elements to support life. It consists of sugar, water, fat, mineral matter, albumen and casein. Care should be taken when milk is received that it should be placed in clean dishes kept for the purpose. Upon exposure to impurities, milk easily absorbs germs, thus making it a fertile source of disease. The fat rises to the top, when milk is allowed to stand in the form of cream and may be easily separated from the rest of the milk. This is the easiest way of lessening the food value of milk.

When milk stands in a warm place a change occurs, by which the casein solidifies and the liquid separates from it. This change is called souring. The curd thus obtained may be made into cheese. As milk is thicker than water, it boils at a higher temperature, sticking to the pan

and burning easily. The presence of a little sour milk in a pan containing sweet milk will soon cause the whole mass to become sour. Dishes in which milk is kept, should be thoroughly scalded after washing and dried in the sun if possible.

Butter is made from milk by collecting the fat. The milk or cream is agitated, and the fat separates from the liquid, forming butter. It is then well washed to free it of the buttermilk and salted. Butter may be made from either sour or sweet milk or cream.

Absolute cleanliness is necessary to produce healthful butter.

Dutch Cheese.

Heat slowly thick, sour milk on the back of the stove or in a pan of hot water. As soon as the curd separates from the whey, strain through a cloth, allowing it to drip until rather dry. Put in a bowl and stir with a fork, adding salt, pepper and cream to taste.

Junket.

1 pt. milk.

$\frac{1}{4}$ c. sugar.

1 tsp. vanilla.

1 tbsp. liquid rennet or 1 junket tablet dissolved in 1 tbsp. water. Heat milk in a double boiler till lukewarm. Add sugar and stir till dissolved. Stir in vanilla and rennet and pour into a dish. Let stand in a warm place undisturbed until it thickens, then set in a cool place till firm. Sprinkle with cinnamon or nutmeg and serve with cream and sugar.

Chocolate.

All preparations of cocoa or chocolate and cocoa shells are the products of the seeds of the cacao tree. These seeds, called cocoa beans, which are about the size of almonds, lie surrounded by a fibrous pulp, in a brownish yellow pod about a foot long, growing from the trunk and large limbs of the tree instead of the branches.

The seeds are separated from the pods, allowed to ferment on the ground and then roasted. The thin shell is removed, the kernel cracked and broken into small pieces. These cocoa nibs are then ground, forming a smooth paste, which is poured into moulds for bitter chocolate or sweetened and moulded for sweet chocolate. For cocoa, the fat is extracted under pressure and the remainder powdered.

Chocolate.

2 sq. Baker's chocolate.

1 pt. water.

3 tbsp. sugar.

1 pt. milk.

Put chocolate with water into sauce pan. Heat until the chocolate melts. Add sugar and boil 10 min. Add milk, bring to a boil and beat 2 min. with a Dover egg-beater.

LESSON V.**Milk—Continued.****Milk Toast.**

Scald milk add butter and salt to taste. Pour over toast and serve at once.

Rice Pudding. No. I.

$\frac{1}{2}$ c. rice. $\frac{1}{2}$ c. sugar. $\frac{1}{2}$ tsp. salt. 1 qt. milk

Wash rice, mix ingredients, pour into a pudding dish. Bake from 2 to 3 hours in a very slow oven at first, then let it brown slightly. Serve hot or cold.

Rice Pudding. No. II.

2 c. cooked rice. $\frac{1}{2}$ c. sugar.
 $\frac{1}{2}$ c. raisins. Vanilla or spice.
 1 c. milk.

Mix all together, put into a pudding dish and bake until brown. An egg, thoroughly beaten, may be added if desired.

LESSON VI.**Milk—Continued.****Blanc Mange.**

2 tbsps
 $\frac{1}{4}$ c. cornstarch. Pinch of salt.
 $\frac{1}{4}$ c. sugar. 1 pt. milk.

Lemon rind or cinnamon stick. Mix cornstarch, sugar and salt. Add scalded milk, lemon rind or cinnamon stick. Boil 4 min., stirring constantly. Remove rind or stick and pour into moulds wet in cold water. Cool and serve with cream and sugar.

Minute Pudding.

4 tbsps. flour. 2 c. milk.
 salt.

Mix flour with $\frac{1}{4}$ c. of the milk. Scald remainder and add the flour paste. Cook in a double boiler 30 min., season with salt and serve with cream, sugar and preserves if desired.

LESSON VII.**Albumen—Eggs.**

Eggs contain all the necessary food elements for the support of life, except starch, but as they are highly concentrated they are usually combined with some other food. They should be kept in a cool dark place and carefully handled.

Composition—Shell; chalk, carbonate of lime and magnesia. White; albumen and water. Yolk; fats, sulphur and phosphorus.

To tell whether an egg is fresh; first observe the shell. A fresh egg has a thick rough shell. Second, hold the end of an egg between your eyes and the light, if it is clear it is fresh, if cloudy it is stale. Third, drop an egg into cold water, if it sinks it is fresh, if it floats it is stale. Fourth, shake the egg, holding it near the ear, if the contents rattle it is spoiled.

When eggs are used to thicken and enrich a mixture they are beaten slightly. When they are used to raise a mixture they are beaten very light.

Albumen when heated becomes a dense white solid. If mixed and heated with a liquid it hardens and entangles in its meshes any solids or impurities in the liquid rising to the surface with them as scum or sinking to the bottom as sediment. It is thus the white of egg clears coffee, soups and jellies.

Strong acids, corrosive sublimate and creosote which are active poisons will also harden albumen. Therefore, if any of them are taken into the stomach, the white of an egg swallowed quickly, will combine with them and protect the stomach.

Hard Cooked Eggs.

Cook eggs in water just below the boiling point from 20 to 30 min. Serve at once.

Soft Cooked Eggs.

Cook eggs in water just below the boiling point from six to ten minutes. Serve at once as they harden if allowed to stand in the hot shell.

Poached Eggs.

Toast a slice of bread for each egg. Before toasting, trim neatly, or cut with a round cutter. Scrape off any burnt portion. Have a very clean shallow pan nearly full of boiling salted water. Remove all of the scum and let the water simmer. Break each egg gently into a saucer and slip it gently into the water. If the egg is not entirely covered by water dip water over it with a spoon and when a film has formed on the yolk take up each egg with a skimmer. Drain, trim the eggs and place on the buttered toast. Put a piece of butter and a little salt and pepper on each egg.

LESSON VIII.

Eggs Continued.

Eggs and egg mixtures should be cooked at a low temperature.

Boiled Custard.

2 c. milk.	$\frac{1}{8}$ tsp. salt.
Yolks of three eggs.	$\frac{1}{4}$ tsp. vanilla.
$\frac{1}{2}$ c. sugar.	

Scald the milk, beat eggs slightly, add sugar and salt to them. Add the hot milk, gradually stirring all the while. Cook in a double boiler till the mixture thickens and a coating is formed on the spoon. Take

custard from fire before it is done as the heat of the boiler cooks it even while it is being turned out. If it begins to curdle, set the upper part of the double boiler immediately into a pan of cold water and beat with a Dover egg beater. Strain if necessary, cool and flavor. The whites of eggs may be beaten, sweetened with powdered sugar, using 1 tbsp. of sugar for each egg. Put in a pan on the top of hot water and bake till brown in the oven, then removing to the top of the custard; or cook by dropping from a spoon in hot water on top of the stove, then serve on the custard.

Baked Custard.

1 pt. milk.
3 eggs.

6 tbsp. sugar.
 $\frac{1}{2}$ tsp. salt.

Scald the milk. Add the sugar and salt to the beaten eggs, and pour the scalding milk slowly over them. Put in a baking dish, grate nutmeg over the top. Set the dish in a pan of hot water, and bake till a knife, when inserted, will come out clean. If baked too long, the crust will separate and be watery.

LESSON IX.

Preservation of Meat and Fish.

Meat may be preserved by keeping in cold storage, salting, smoking, canning and pickling. Much of the nutriment in meat is impaired by most of the methods of preservation.

To freshen salt meat or fish, soak it in cold water according to its saltiness or hardness.

Creamed and Dried Beef.

$\frac{1}{2}$ lb. dried beef.
2 tbsp. butter.
1 pt. milk.

4 tbsp. flour.
 $\frac{1}{4}$ c. cold water.

Sauté the dried beef in hot butter until it curls up. Pour over it 1 pt. of milk. Mix flour and water, and stir until smooth. Add to the milk and beef and cook until it thickens. Serve on toast. If beef is very salt, soak in cold water and drain before frying.

Creamed Codfish.

$\frac{1}{4}$ lb. codfish.
1 pt. milk.

4 tbsp. flour.
2 tbsp. butter.

Pick the codfish in small pieces and remove all the bones. Cover with cold water and boil until tender. Drain and add the milk. Cream the butter and flour, add hot milk till thin enough to pour. Stir into the milk and codfish. Cook until it thickens. To make it richer the beaten yolks of one or two eggs may be added. Cook one minute and serve.

LESSON X.

Preserved Meat.—Continued.

Ham and Eggs.

Slice ham in $\frac{1}{4}$ in. slices. Trim off rind and rusty edges. Put in a hot frying pan and cook 10 min. or till the fat is a nice brown. Place on a warm platter.

Drop eggs, one by one, into the fat in the pan. Dip the fat over them, and cook until the yolks are set. Put them on the platter with the ham, and sprinkle with salt and pepper. If ham is very salty, soak 10 min. before cooking.

Pan-Broiled Bacon.

Slice bacon very thin and remove rind. Put in a hot frying pan and cook until brown, pouring off the fat as it fries. Drain well and serve.

Sausage in Casings.

Cover with hot water, simmer 5 or 10 min. Drain and cook in the pan in its own fat until brown and tender. Prick with a fork occasionally to allow the fat to escape.

Sausage Meat.

Shape into round, flat cakes, and pan broil in their own fat until thoroughly cooked and browned.

LESSON XI.

Oysters.

The raw oyster is easily digested by the stomach, but the nutritive value is not in proportion to the cost. The natural tint of the oyster is gray, white ones being liable to be diseased. The green tinge sometimes seen is due to vegetable matter in its food and is not harmful.

Oyster Soup.

$\frac{1}{2}$ pt. oysters.

salt.

1 pt. milk.

pepper.

1 tbsp. butter.

Put milk on to boil while you are preparing the oysters. Put oysters in a colander and pour over them $\frac{1}{4}$ c. cold water. Take each oyster with fingers, to make sure that no pieces of shell adhere, and drain.

Strain liquor and put on stove; as it boils remove scum, and when clear add to milk, to which has been added the butter. Season, add oysters, and let them simmer until plump and the edges curl. Serve at once. If the oysters are cooked too long they become tough and indigestible.

Escalloped Oysters.

1 pt. oysters.	$\frac{1}{4}$ c. butter melted.
4 tbsp. oyster liquor.	salt.
6 tbsp. milk.	pepper.
1 c. crumbs.	

Stir the melted butter into the crumbs. Put in a baking dish a layer of oysters, prepared as for soup, then a layer of crumbs, sprinkle with salt and pepper and add part of the milk and oyster liquor. Repeat layers, covering the top with crumbs. Bake 30 min. in a hot oven. Two layers of oysters are sufficient. If more are used, the center layer may be underdone.

LESSON XII.

Cream Soups.

Cream soups and purées are cooked and strained vegetables added to strained white sauce.

Soup.

Soup is one of the most nutritious articles of food, and its use should be more general, as it is also a very economical food. Much good food that is often thrown away may be used in making soups. There are two classes of soups, those with and those without stock. Stock soups have meat as a basis, and are very nutritious; those without stock are made with milk as a foundation. These are often called cream soups, are very quickly prepared, and are palatable and nutritious. They must be thickened slightly or bound together, or they will separate.

General Proportions of Ingredients for Cream of Vegetable Soups.

1 qt. water or milk.	1 to 3 tbsp. flour.
1 to 2 c. vegetable pulp.	1 tsp. salt.
2 tbsp. butter.	pepper to taste.

General Directions.

Cook vegetables in water till soft; press through a strainer, scald the milk, add the pulp and bind with butter and flour. Season, bring to a boil and serve.

Potato Soup.

1 potato.	$\frac{1}{2}$ ssp. pepper.
1 pt. milk.	$\frac{1}{2}$ tsp. celery salt.
1 slice onion.	2 tbsp. butter.
$\frac{1}{2}$ tsp. salt.	1 tbsp. flour.

1 stalk celery.

Wash, pare and soak potatoes in cold water, put them in boiling water and cook until very soft. Drain and mash. Cook the onion

and celery in milk in double boiler and add potatoes. Rub through a strainer and put on to boil again. Bind with butter and flour, season, let boil 5 min. and serve.

White Sauce.

2 tbsp. flour.	1 c. milk.
2 tbsp. butter.	$\frac{1}{2}$ ssp. pepper.
$\frac{1}{4}$ tsp. salt.	

Heat milk; rub flour and butter together to form a paste. Add enough hot milk to make a liquid. Pour into stew pan, cook till thick, season.

Mock Bisque or Tomato Soup.

1 can tomatoes.	4 tbsp. flour.
1 qt. milk.	1 tsp. salt.
1 ssp. soda.	3 tbsp. butter.
1 ssp. pepper.	

Stew tomatoes till soft and add the soda. Heat milk in a double boiler. Bind with butter and flour and cook 10 min. Add seasoning and tomatoes last as milk cooked with acid is sure to curdle. Serve at once.

LESSON XIII.

Meat.

Meat is the name applied to the flesh of all animals used for food. The flesh of young animals is more tender but not as nutritious as that of older ones. The muscles that are used the most are the toughest but contain more nourishment as the blood flows more freely through them. The object in cooking meat should be to obtain the greatest amount of nutriment from all parts of the meat.

There are three ways of cooking meats in water: First, when all the nutriment is to be kept in the meat, as in roasts. Second, when part of the nourishment is to be in the meat and part in the water, as in stews. Third, when all the nutriment is drawn out into the water as in soups.

Stock.

Stock is the liquid extract of meat and bone. In cooking meat for soup, all the nutriment should be drawn into the water. Meat is largely composed of albumen, and cold water softens the fibers and draws out the juices, while hot water coagulates the surfaces exposed.

To Make Soups:

Cut the meat in small pieces to expose all the surface possible, and put it into cold water; allowing it to stand, or soak one-half hour before heating it, to draw out the juices; heat gradually and simmer till the meat is in shreds, the bones clean, and all the nutriment possible is extracted. This will take 6 or 7 hours. The cheaper cuts of meat may be used for soups, the shin and rump bone of beef and the knuckle of veal. The water in which fresh meats are boiled, may be boiled down, seasoned and used.

The cover of the kettle should fit closely to keep in all the steam. When the meat is in shreds, the soup should be strained, and allowed to cool so that the fat may come to the surface in the form of a cake and be removed. The stock may then be heated and served alone, or with the addition of other ingredients.

About two-thirds of the meat should be lean, the other third being bone and fat.

Do not wash meat by putting in water to soak, but wash quickly.

A General Rule for Stock:

Stock—2 lbs. shin of beef,	4 allspice.
8 peppercorns,	$\frac{1}{2}$ small carrot,
2 tsp. salt.	6 cloves,
1 small onion,	1 tsp. mixed herbs,
2 qts. cold water,	1 sprig parsley,
$\frac{1}{2}$ ssp. celery seed,	$\frac{1}{2}$ small turnip.

Wipe, and cut the meat and bone in small pieces. Put into the water and soak $\frac{1}{2}$ hr. before heating; heat gradually, and let simmer 5 hours. Add vegetables and seasoning and simmer 1 to 2 hours longer. Strain, and cool quickly. When ready for use, remove all fat, heat and season to taste.

Vegetable Soup.

1 qt. stock,	1 tbsp. rice,
$\frac{1}{2}$ potato,	$\frac{1}{2}$ c. celery.
$\frac{1}{2}$ c. tomato,	$\frac{1}{2}$ carrot,
$\frac{1}{2}$ turnip,	$\frac{1}{2}$ c. peas,
1 pt. boil'g water,	$\frac{1}{2}$ c. onion.
$\frac{1}{2}$ ear corn,	

Cut vegetables selected from list into uniform pieces. Boil carrot turnip, rice and celery in water 20 m. Add other vegetables and cook until tender. Add stock, and salt and pepper to taste. Boil up once and serve.

To Clear Soup.

For each quart of stock allow the white and shell of 1 egg, the rind of $\frac{1}{2}$ lemon, $\frac{1}{2}$ ssp. celery seed, and salt to taste. Beat egg slightly, add crushed shell, celery seed and salt. Stir into the cold stock. Heat to the boiling point, stirring constantly to keep the egg from settling. Boil 2 min. and simmer 20. Then strain through double thickness of cheese cloth.

LESSON XIV.

Beef.

Beef is the most nutritious and generally used of all the animal foods. It is divided by splitting through the back-bone into two parts each called a side of beef. Each side is then divided into a fore and

hind quarter. Good beef should be bright red in color, firm, fine grained, well marbled with fat and with a thick layer of fat on the outside. The fat should be a rich cream color, and the suet dry and crumbly. Beef should not be eaten as soon as killed, but hang to ripen two or three weeks. The best beef is obtained from an animal four or five years old. It is in season the year around.

Beef Chart.

1. Rump for corning.
2. Top-rump used for pot roasts and stews.
3. Round used for steaks and dried beef.
4. Lower end of round used for hamburg steak.
5. Shin, used for soup.
6. Tenderloin, used for steaks.
7. Sirloin, used for steaks.
8. Top-sirloin, used for steaks.
9. Porterhouse, used for steaks.
10. First cut ribs, prime ribs used for roast.
11. Second cut ribs, prime ribs used for roast.
12. Third cut ribs, used for roast.
13. Fourth cut or chuck ribs, used for roasts.
14. Cross ribs, used for roasts and stews.
15. Chuck, used for steak.
16. Flank, used for steak.
17. Flanks, used for corning and stewing.
18. Plate, used for corning and stewing.
19. Navel, used for corning and stewing.
20. Shoulder, used for steak and roast.

21. Neck, used for mince-meat.
22. Brisket, used for corning.
23. Fore-shin, used for soup.

Other Parts of Beef Used as Food.

Brain, used for croquettes.
 Tongue, used for boiling (smoked or fresh).
 Heart, to be stuffed and baked.
 Liver to be sautéed.
 Tripe, (fourth stomach) to be pickled or sautéed fresh.
 Suet, to be used for puddings and mince-meat.
 Tail, to be used for soup.

Pot Roast.

Sear the cut sides of the meat in a hot kettle, add 1 c. of hot water, season with salt and pepper and keep just below the boiling point. Add water only as necessary to keep from burning. Cover closely and cook until very tender or from two to three hours. Remove meat and make a gravy in the kettle.

Gravy.

Pour off all but 3 tbsp. of fat from the kettle. Add 3 tbsp. of flour and stir till brown. Add slowly $1\frac{1}{2}$ c. boiling water. Cook until thick and smooth. Season with salt and pepper.

Cottage Pie.

Chop cold meat fine. To every cupful of meat add $\frac{3}{4}$ c. of gravy or stock, season highly with salt and pepper and $\frac{1}{2}$ tsp. summer savory. Put into a baking dish and cover with a crust of mashed potatoes. Bake 20 min. or until brown. Serve in the dish in which it is baked.

Hash.

1 pt. meat,	2 tbsp. butter or drippings,
1 pt. boiled potatoes,	Salt and pepper to taste,
$\frac{1}{2}$ small onion,	1 scant c. water.

Remove all bones, gristle, etc., from the meat. Put water in the frying-pan and add butter or drippings. When melted, add hash, and let simmer until the water is absorbed. Serve hot.

LESSON XV.

Veal.

Veal is the meat of a calf from six to eight weeks old. It may be obtained throughout the year but is better in the spring. The best veal is pale pink or flesh color with clear white fat. White veal or that from a calf less than six weeks old is unfit to eat. Veal has but little

juice, flavor or nutriment and should be thoroughly cooked as it is not wholesome when underdone. Veal should be eaten soon after it is killed and dressed. It is lacking in fat, therefore some form of fat should be used in cooking.

Veal Chart.

1. Leg, used for soup and stews.
2. Cutlets, used for steaks.
3. Thick end of loin, used for steak and chops.
4. Loin, used for chops and roasts.
5. Breast, used for stews and roasts.
6. Shoulder, used for stews.
7. Neck, used for stews.
8. Sweet breads, used for salads and to sauté.
9. Head, used for soup.
10. Knuckle, used for soups and stews.
11. Ribs, used for chops and roasts.

Veal Stew.

2 lbs. veal,	2 tbsp. salt.
1 onion, sliced,	1 ssp. pepper,
4 small potatoes,	Boiling water to cover.

Rinse meat quickly and cut in pieces, sprinkle with salt and pepper and cover with boiling water. Boil 5 min., and simmer until the meat is tender or about 3 hrs. At the end of 2 hrs. add the vegetables. Just before serving thicken the gravy with 2 tbsp. flour wet in 2 tbsp. cold water. Dumplings may be added 10 min. before the stew is done.

Dumplings.

1 pt. flour,
 ½ tsp. salt,

4 tsp. baking powder.
 1 scant c. milk.

Mix dry ingredients, stir in the milk gradually to make a soft dough. Drop quickly by the spoonful into the boiling stew letting them rest on the meat and potatoes. Cover closely to keep in the steam, and boil just 10 min. without lifting the cover.

LESSON XVI.**Mutton.**

Mutton comes from sheep three years' old and should hang from two to three weeks after killing, to ripen, while lamb may be eaten soon after it is killed. Good mutton is fine grained and of a pink color and the fat is white, hard and flaky. If the skin comes off easily the mutton is sure to be good. Mutton ranks next to beef in nutrition and the broth is especially good for invalids.

Lamb is the name given to the meat of lambs. It should be eaten soon after it is killed. It may be obtained as early as February, but is scarce until March. When it is killed from 6 weeks to 3 months old, it is called spring lamb; when 1 year old, a yearling. The flesh should be a lighter red than that of mutton and the bones red.

No cold meat should be thrown away after a meal, as it may be used in making many palatable and nutritious dishes. It should be kept in a cold place. It may also be combined with scraps of vegetables.

Mutton Chart.

- | | |
|--------------------------|------------------------------|
| 1. Leg, used for roasts. | 4. Shoulder, used for stews. |
| 2. Loin, used for steak. | 5. Neck, used for stews. |
| 3. Ribs, used for chops. | 6. Breast, used for stews. |

Braised Mutton.

Wash quickly, put in a baking pan, either whole or cut in small pieces. Sprinkle with salt, pepper and flour. Put in a hot oven. After the flour begins to brown, add just enough water to cover the bottom of the pan. Cover tightly. Baste every 15 min. till done. Cook 12 to 18 min. to the pound.

Minced Mutton on Toast.

Chop mutton fine. Put 1 c. meat in a pan with $\frac{1}{2}$ c. cold water and let simmer. Thicken with 1 tbsp. butter and 1 tbsp. flour rubbed together. Season with salt and pepper and add $\frac{1}{2}$ tsp. minced onion. Serve on toast.

LESSON XVII.

Starch—Potatoes.

Starch is one of the food principles, and is found in most of our foods to a greater or less degree. It is a fine white powder, soluble in cold water, but insoluble in boiling water. These little grains are wrapped up in a cover of insoluble, indigestible cellulose, and unless this is broken by heat, starch is indigestible, hence the necessity of thoroughly cooking all starchy food.

When boiling water is poured upon dry starch, lumps form, because the starch first touched by the hot water, swells suddenly, forming a sticky envelope around the rest of the starch, thus leaving the center of the lump uncooked. On account of the bursting of its cells by heat, starch may be used to thicken gravies and sauces.

Different food stuffs nourish different parts of the body. Starch produces heat, fat and energy but does not build tissue.

Potatoes are tubers or the thickened, underground stems of a plant. They are planted from cuttings, each piece containing two or more eyes. Potatoes are three-fourths water, the solid matter being starch with a small amount of albumen and mineral matter.

They are indigestible when raw, on account of the starch they contain. Next the skin is an acrid juice, drawn out in cooking. New potatoes, unless perfectly ripe, contain little starch and are unwholesome. Late in the fall they are at their best, but in the spring the starch changes as they sprout, making them gummy and soggy. Potatoes furnish needed bulk in our food rather than much nutriment, being a heat giving and fat forming food, hence should be eaten with meat, eggs, fish, etc.

Boiled Potatoes.

Wash, scrub, pare potatoes and put in cold water. Drop in boiling salted water and cook till a fork will pierce them, about 30 min. Drain off every drop of water and put uncovered on back of stove, shaking gently to make them mealy, and allow steam to escape.

Mashed Potatoes.

Mash the potatoes in the kettle in which they were boiled, using a wire masher. To 1 pt. potatoes add 2 tbsp. butter, 1 tsp. salt, a little pepper and hot milk to moisten. Beat till light and creamy and free from lumps. Put lightly into a hot dish and serve.

Mashed Potato Cakes.

Shape cold mashed potatoes into small round cakes. Put on a tin pan, brush with milk and bake till a golden brown or sauté in lard.

Baked Potatoes.

Select potatoes of uniform size, wash and scrub well. Bake in a hot oven 50 min. or till soft.

LESSON XVIII.**Potatoes—Continued.****Lyonnaise Potatoes.**

- | | |
|--------------------------------|------------------------------|
| 1 pt. of cold boiled potatoes. | 1tbsp. minced onion. |
| $\frac{1}{2}$ tsp. salt. | 1 tbsp. chopped parsley. |
| $\frac{1}{2}$ ssp. pepper. | 2 tbsp. drippings or butter. |

Cut potatoes into small cubes and season with salt and pepper. Fry the onion in the drippings till a light brown, and add potatoes. Stir with a fork until brown, add parsley and serve. 1 tbsp. of vinegar may be added.

Stewed Potatoes.

- | | |
|-----------------------------|--------------------------|
| 1 pt. cold boiled potatoes. | 2 tbsp. butter. |
| $\frac{1}{2}$ c. milk. | $\frac{1}{2}$ tsp. salt. |
| spk. pepper. | 1 tsp. chopped parsley. |

Cut potatoes into small cubes. Heat milk and add potatoes and seasoning. Simmer slowly until milk is absorbed, add parsley and serve.

To Chop Parsley.

Remove leaves from stems of parsley and dry on a towel. Gather closely between thumb and fingers and cut through. Hold the point of the knife on the board and with a circular motion mince the parsley fine.

To Mince Onion.

Remove covering from the onion about half way down. Score across the top about $\frac{1}{8}$ in. apart; score again in opposite direction and then slice across the onion.

LESSON XIX.

Time Table for Cooking Vegetables.

Corn	Husk, but do not wash.	5 to 10 min.
Peas	Shell and wash quickly.	15 to 20 min.
Asparagus	Wash, break off tough ends, and tie in bunches or break into inch pieces.	15 to 20 min.
Potatoes	Scrub and pare when necessary.	20 to 30 min.
Spinach	Pick over and wash in several waters.	20 to 30 min.
Cabbage	Trim and soak, top down, in cold water, to draw out insects.	30 to 45 min.
Cauliflower	Same as cabbage.	30 to 45 min.
Parsnips	Scrub until white and trim off fine roots.	30 to 45 min.
Carrots	Scrub and scrape off the thin outer surface.	30 to 45 min.
Turnips	Scrub, slice, if not to be diced, and pare.	30 to 45 min.
Beets	Wash carefully, for if the skin be broken, the sugary juices will escape. Leave on 1 inch of the stem.	1 hr. or till tender.
Onions	Peel under water.	30 to 45 min.
Beans	Shell and wash quickly.	45 to 60 min.
String Beans	Wash, strip off the ends and strings on each side. Cut or break into small pieces.	45 to 60 min.
Soft Shelled Squash	Wash, pare and cut as desired.	45 min. or till tender.
Hard Shelled Squash	Wash, split and cook in the shell	45 min. or till tender.
Celery	Wash and scrape off rusty portions.	1 hr.

Turnips and Cabbage.

These two vegetables, though not at all alike in form and manner of growth, are much alike in composition, food value and taste. Of the two the cabbage is the more nutritious. They both contain a large amount of water, and should be carefully cooked and well drained.

Turnips contain no starch, but instead a gelatinous substance called pectine. They are at their best in the fall and winter. Towards spring they become tough and fibrous, and are only fit to flavor stews, etc. The rutabago, the French turnip, and the small flat purple top are the best.

Cabbage is the leaf of the plant which grows in clusters tightly folded together. The sound, solid heads are the best. A little soda should be added while cooking, and the water drained off once at least, as this method removes the sharp mustard taste caused by sulphur compounds.

It contains a quantity of gluten, hence its nutrition. Both of these vegetables are used more to make a variety in our daily food than for their nutritive value.

White Sauce.

1 c. milk.	2 tbsps. butter.
2 tbsps. flour.	$\frac{1}{4}$ tsp. salt.

pepper to taste.

Heat milk. Mix flour with 3 tbsps. cold water until smooth. Pour into hot milk and cook till it thickens, stirring constantly. Add butter and seasoning.

Turnips in White Sauce.

Wash and pare turnips. Cut into small cubes and cook in boiling salted water until very tender, about 30 min. Drain well and pour over them 1 c. of white sauce for every pt. of turnips. Other vegetables, such as carrots or parsnips or vegetable oysters, may be treated in the same way.

Boiled Cabbage.

Remove outer leaves and soak in cold water with the head down, to draw out insects. Cut into quarters or slice fine, put into a kettle of boiling water with $\frac{1}{4}$ tsp. of soda. Boil 20 min. uncovered. Drain and cover again with boiling water. Boil 20 min. longer or until tender, drain and season with salt and pepper and $\frac{1}{2}$ c. of heated vinegar, or instead, milk enough to barely cover.

Scalloped Cabbage.

Chop cold boiled cabbage fine. Put a layer in baking dish, sprinkle with salt and pepper and pour over it a layer of white sauce. Repeat until the dish is full, having sauce for the top layer. Cover the top with buttered crumbs and bake till brown.

LESSON XX.

Salads.

The food value of green salad is not very high but the salts it supplies make it very wholesome. The oil or butter used in dressing furnishes fat in a digestible form and when fish, meat, eggs or cooked vegetables are used, served with a cooked or mayonnaise dressing it contains a great deal of nourishment.

Salads should be served very cold and mixed with a fork.

Cooked Salad Dressing.

2 whole eggs or 4 yolks.	1 tsp. salt.
$\frac{1}{3}$ c. vinegar.	spk. of cayenne pepper.
2 tbsps. butter.	$\frac{1}{2}$ tsp. mustard.

Beat eggs slightly. Add vinegar and cook over hot water till thick. Remove from fire add butter and seasoning. When ready to use, if too thick, it may be thinned with cream.

Potato Salad.

Cut cold boiled potatoes in cubes, sprinkle lightly with salt. If liked, add one-half the amount of celery, cut in cubes. Add 1 tbsp. minced onion to every pint of potatoes. Moisten with salad dressing. Mix lightly and put on lettuce leaves, or put in a bowl and garnish with celery leaves.

Hard boiled eggs cut in slices may be added.

LESSON XXI.

Cereals.

Cereals or grains are grasses, the seeds of which are used for foods. Being composed mostly of starch, they must be cooked in several times their bulk in water, that the starch cells may all burst and be thoroughly cooked. They are the most important of all vegetable food.

Of all the grains, oats are the most nutritious. They contain food for muscle and brain, but on account of indigestible fiber, should be used only by strong, hard working people.

Rice is the seed of a grass. Alone it is not a perfect food, being mostly starch and lacking fat. It is a good substitute for potatoes. In good rice the grains are yellowish white and whole, with little starch dust on them.

Cornmeal is valuable for a winter food, as it contains fat and starch, two fuel foods. For the amount of money spent, cornmeal contains more nourishment than any other grain.

To keep fine granulated cereal from lumping, mix with cold water before putting in boiling water.

Cornmeal Mush.

To 4 cups boiling water, add 1 tsp salt and 1 cup cornmeal wet in cold water. Cook slowly from 1 to 2 hrs. Serve hot with milk and sugar. Pack what is left over in a greased baking powder can or small bread pan. Next morning remove from mould, slice and sauté in hot fat.

Rolled Oats.

2 c. boiling water.
1 c. Avena.

$\frac{1}{2}$ tsp. salt.

Put boiling water in the top of double boiler, add salt. Stir in Avena and cook $\frac{1}{2}$ hr. without stirring.

Steamed Rice.

2 c. boiling water or milk.
1 c. rice.

1 tsp. salt.

Wash rice. Put boiling water and salt in top of double boiler. Add rice and steam 1 hr. Do not stir.

Cream of Wheat.

3c. boiling water. 1 tsp. salt.
 ½ c. Cream of Wheat.

Put boiling water in top of double boiler. Add salt and Cream of Wheat wet in cold water. Steam 20 to 30 minutes.

LESSON XXII.**Cheese.**

Cheese is the curd of milk, drained, salted and pressed. Skimmed milk cheese does not contain as much fat as cheese made from full milk; and therefore is not as nourishing. Lard or some cheap fat is often added to supply the lack of natural fat. Such cheese is greasy when warm, has little flavor and does not keep well. Cheese, like eggs, contain much nourishment in small bulk. Cheese is a good substitute for meat, and in combination with macaroni, rice or potatoes may be used in its place. Cheese is hard to digest and should not be used by persons of weak digestion or children. For those engaged in physical labor, it is one of the best of foods.

Macaroni, spaghetti, vermicelli and other Italian pastes are made from a hard wheat flour mixed with water and pressed into the different shapes. Macaroni is very nutritious, but being deficient in fat, is best when combined with cheese or milk. It contains so much gluten, that it is about equal to meat in nutrition. Good macaroni is yellowish in color and rough in texture. It breaks cleanly without splitting, in boiling water swells to double its bulk and neither becomes pastry nor loses its shape. Excellent macaroni is now made in the United States, and is much cleaner than that imported.

Macaroni and Cheese.

Break macaroni in 3 in. sticks and cook till tender in boiling salted water about 25 min. Drain. Put a layer of macaroni in a baking dish, then a layer of cheese and season well with salt and pepper. Repeat until dish is full. Barely cover with milk and bake until brown and milk is absorbed.

Macaroni and Tomato Sauce.

Cook macaroni till tender in boiling salted water about 45 min. Drain. Reheat in tomato sauce and serve.

Tomato Sauce.

1 pt. tomatoes.	Slice of onion and bay leaf.
4 tbsp. flour.	Salt and pepper.
4 tbsp. butter.	

Stew tomatoes with onion and bay leaf till tender. Strain. Thicken with flour and butter as for white sauce. Season.

Rice and Cheese. $\frac{1}{2}$ c. boiled rice.

2tbsp. cheese.

 $\frac{1}{2}$ c. cream or white sauce.

Make sauce, add rice and cheese, grated or cut in small pieces.

Pour into baking dish, sprinkle with bread crumbs and bake about 15 min. or until thoroughly heated and cheese is melted.

LESSON XXIII.

For quick bread see Lesson 20, second year.

Bread.

Bread is a form of food made from the flour of wheat and other cereals, by the addition of water or milk, salt and a ferment. A ferment is that which causes fermentation, and fermentation is the change which takes place in all organic substances, during which the sugar, starch and albumen are decomposed and recombined into new compounds. Alcoholic fermentation is the change which takes place in bread making when yeast is added; the starch is changed to sugar and the sugar to carbonic acid gas and alcohol.

A perfect loaf of bread is regular in shape, has a crisp crust, evenly browned and is tender but firm. It tastes sweet and nutty, smells fresh and will keep moist for several days.

1 qt. boiling water.

2 tbsp. sugar.

2 tbsp. lard.

2 tbsp. salt.

3 small potatoes.

1 cake yeast dissolved in

1 c. luke warm water.

Flour.

Boil and mash potatoes. Add salt, lard and boiling water. When lukewarm, add yeast, and flour, to make a sponge. Let rise over night. In the morning add sugar and flour to make a soft dough. Turn on a well floured board and knead lightly, 20 min. Put into a greased bowl. Grease the top to prevent a hard crust from forming. Cover closely. Let rise till it doubles in size. Knead and shape into loaves or rolls. Let loaves rise in the pan $\frac{1}{2}$ to $\frac{3}{4}$ hr. and bake 40 to 60 min. Rolls should rise in the pan from 1 to $1\frac{1}{2}$ hrs. and bake in a hot oven 20 min.

LESSON XXIV.**Yeast.**

Yeast is a mass of very small plants each a rounded cell, consisting of a sack filled with a watery substance and joined not unlike the links of a chain. The germs of these plants are found floating in the air and on the skins of grapes. They grow with great rapidity when supplied with warmth, moisture and some sugary substance for nourishment.

In growing, yeast changes the sugar in the substance in which it grows to an acid or acid gas and alcohol. This process is called fermentation. Yeast is killed at a temperature of 212 degrees F. It is not killed at 32 degrees but will not grow. The best temperature for the

growth of the plant is from 75 to 80 degrees, but it must be kept from sudden changes of air, or the growth will be very slow.

The process of fermentation has three forms. When the acid formed is lactic acid, as it is in the souring of milk, the fermentation is called lactic fermentation. When the acid formed is carbonic acid gas, as in bread making, the fermentation is called alcoholic fermentation. When the acid formed is acetic acid, as in the changing of cider to vinegar, the fermentation is called acetic fermentation.

When bread is allowed to rise too long, the alcoholic fermentation is changed to acetic and the bread sours. It is then unfit for use. There are three kinds of yeast used for raising bread—liquid, compressed and dry.

Parker House Rolls.

1 pt. milk.	1 tbsp. sugar.
1 tbsp. butter.	$\frac{1}{2}$ cake yeast dissolved in $\frac{1}{2}$ c water.
1 tsp. salt.	Flour.

Scald milk. Add butter, sugar and salt—when lukewarm, add yeast and flour to make a soft dough. Knead 20 minutes. Let rise till it doubles in size. Shape into rolls; let rise 1 to $1\frac{1}{2}$ hours. Bake in a quick oven 20 minutes. Brush with milk or butter.

To Shape Rolls.

Roll dough $\frac{3}{4}$ inches thick; cut with a cooky cutter. Crease in the center with the handle of a knife dipped in flour. Brush one-half with melted butter. Fold, place in pans about $\frac{1}{2}$ inch apart.

Baking of Bread.

The oven should turn a piece of white paper a dark brown in five minutes. The heat should increase slightly the first ten minutes, and gradually decrease till the end of the baking. Bread is done when it will give a hollow sound when tapped on the bottom. When the loaf comes from the oven place it where the air can circulate freely around it. When cold, put in a clean, sweet, bread box, without any wrapping, as the cloth may give it a musty flavor.

There are four reasons for baking bread: First, to kill the yeast plant, second, to make the starch digestible, third, to drive off the carbonic acid gas and alcohol, fourth, to form a brown crust.

LESSON XXV.

Wheat Flour.

Flours are made by grinding the grains of various cereals, wheat, rye, barley, oats, maize, millet, rice, etc. Of these, wheat is the most important, partly because it can be cultivated in any temperate climate, but chiefly because it is the only grain that contains gluten in the right proportion to make a light, spongy loaf of bread.

The wheat grain is a small, oval seed, which can be easily threshed from the stalk on which it grows. Its six outer layers are known as bran; of these the three outer form what is called the skin of the grain; the three remaining form the envelope of the seed proper, in which is found the gluten.

Different kinds of wheat vary as to the amount of gluten they contain. There are two kinds of wheat used to make flour—spring wheat (containing the most gluten) from which bread flour is made, and winter wheat, from which pastry flour is made.

Wheat contains all the elements necessary for the support of life, but not in the right proportion. It is deficient in fat and water. The gluten of wheat is a tough, elastic substance, consisting of vegetable fibres. It has a peculiar power of holding the gas that has formed during fermentation. It is insoluble in water, but will swell to four or five times its original bulk.

Entire or whole wheat flour is made by grinding all parts of the kernel of wheat except the bran and germ. Thus none of the nutritive parts are lost. Graham flour is finely ground, but unbolted, wheat flour.

Entire Wheat Bread.

1 pt. milk.	1 tsp salt.
1 pt. boiling water.	1 cake yeast dissolved in $\frac{1}{4}$ c water.
2 tbs sugar.	

Put milk, salt and sugar in a bowl and pour over them the boiling water. When lukewarm, add yeast and entire wheat flour to make a drop batter. Beat thoroughly, cover and stand in a warm place from $2\frac{1}{2}$ to 3 hours, or over night. Add flour to make a dough. Knead lightly until it loses its stickiness, about 10 minutes. Make at once into loaves, put into greased pans, cover and let stand in a warm place 1 hr, or until light. Bake 45 minutes in a hot oven.

LESSON XXVI.

Griddle Cakes.

The griddle for baking cakes should be clean and smooth. Never allow the fat to collect and burn around the edges of the griddle.

Grease griddle with lard, pork tind or drippings. If lard or drippings are used, apply with a cloth, wound around a fork. Wipe griddle with a soft paper before washing. Drop cakes from end of spoon to make them round. If large bubbles rise at once to the top of cakes, the griddle is too hot. If the top of the cake stiffens before the underside is brown, the griddle is not hot enough.

Never turn a cake but once.

Sour Milk Griddle Cakes.

1 pt. flour.	1 scant pt. thick sour milk.
$\frac{1}{2}$ tsp. salt.	2 eggs well beaten.
1 tsp. soda.	

Mix and sift soda, salt and flour, add sour milk and beaten yolks. Fold in beaten whites and bake on a hot greased griddle.

Corn Meal Cakes.

1 c cornmeal.	2 c boiling water
1½ c flour.	1¼ c milk
6 tsp. baking powder.	1 egg
1 tsp. salt.	2 tbsps melted butter

Add meal to boiling water and boil five minutes. Turn into a bowl, add milk and remaining mixed dry ingredients. Add beaten egg and butter. Bake on hot greased griddle.

LESSON XXVII.**Proportions of Acids and Alkalies.**

Two level tsp. baking powder for each cup of flour; 1 level tsp soda to 1 pt. thick sour milk; 1 level tsp. soda to 1 c. molasses batter; ½ tsp. soda to 1 c. of molasses for a stiff dough; 1 tsp. soda and 2 of cream tartar to 1 qt. flour.

In general a cake should contain not more than ⅓ to ½ as much butter as sugar and about half as much liquid as flour. Remember that butter or other shortening counts as liquid, since it melts in the oven. Sour milk or molasses do not thin a mixture as much as sweet milk or water. A cake with fruit should be a little stiffer than one without. The more eggs there are in a cake the less baking powder is needed. Cake containing molasses burns easily. Bake such cake or any thick loaf requiring long baking, in tins lined with greased paper.

Gingerbread.

1 c molasses	1 tsp. cinnamon	1 c hot water
½ c sugar	1 tsp. cloves	2½ c flour
½ c shortening	pinch salt	2 eggs
1 tsp. ginger	1 tsp. soda	

Mix in order given, and bake in a moderate oven ¾ hr.

LESSON XXVIII.**Baking Powder.**

Baking powder is composed of soda, 30 per cent., cream of tartar, 60 per cent., and 10 per cent. of rice flour. Soda is an alkali, and is made from common salt. Cream of tartar is an acid substance, obtained from argols found in the bottom and sides of wine casks. When an acid and an alkali are united in proper proportions and moistened, carbonic acid gas is formed. This gas, seeking to escape, lightens the dough; hence baking powder mixtures should be baked as soon as possible after mixing.

Cheap baking powders are adulterated with alum, and alum is injurious.

Baking Powder Biscuit.

2 c flour	2 tbsps lard
4 tsp. baking powder	1 scant c milk
1 tsp. salt	

Mix dry ingredients. Cut in lard with knife or mix with fingers. Add milk gradually to form a soft dough, mixing with a knife. Turn on a floured board. Roll to ¾ inch thickness. Cut and bake in hot oven about 15 minutes.

LESSON XXIX.

Batters and Doughs.

Notes.

Quick bread mixtures are either batters or doughs. Batter means that which can be beaten, and dough means that which is mixed stiff enough to be molded. A thin batter is made in the proportion of 1 c. liquid to 1 c. flour. A stiff or drop batter is made in the proportion of 1 c. liquid to 2 c. flour. A dough is 1 c. liquid to about 3 c. flour. For a soft dough a little less flour is used and a stiff dough a little more. A sponge is a drop batter to which yeast is added. No bread should be eaten steaming hot because in this state the inside part or crumb forms in the mouth a pasty mass not easily digested.

One-Egg Muffins.

2 c flour	1 c milk
4 tsp baking powder	1 egg
$\frac{1}{2}$ tsp salt	2 tbsp melted butter
2 tbsp. sugar	

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 minutes.

Entire Wheat Muffins.

$1\frac{1}{2}$ c entire wheat or graham flour	1 c milk
$\frac{1}{4}$ c flour.	1 tsp salt
2 tbsp sugar	1 egg
4 tsp baking powder	1 tbsp melted butter

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 minutes.

LESSON XXX.

Corn Bread.

1 c corn meal	$\frac{1}{4}$ c sugar
1 c flour	2 eggs
$\frac{1}{2}$ tsp salt	1 c milk
4 tsp baking powder	1 tbsp melted butter

Mix dry ingredients, add milk, beaten egg and butter. Beat well and bake in a shallow greased pan in a quick oven from 20 to 30 min.

Corn Muffins.

$\frac{3}{4}$ c corn meal	1 tbsp sugar
1 c flour	1 c milk
3 tsp baking powder	1 egg
$\frac{1}{2}$ tsp salt	1 tbsp melted butter

Mix dry ingredients, add milk, beaten egg and butter. Bake in hot greased muffin pans about 25 minutes.

LESSON XXXI.**Cottage Pudding.**

1 egg	2 c flour
$\frac{3}{4}$ c sugar	4 tsp baking powder
3 tbsp melted butter	$\frac{1}{2}$ tsp salt
1 c milk	

Beat egg, add sugar, melted butter and milk, then flour mixed with salt and baking powder. Beat and bake in a shallow greased pan and serve with lemon sauce.

Lemon Snow Balls.

3 eggs	rind and juice 1 lemon
1 c sugar	1 c flour
3 tbsp water	1 tsp baking powder

Beat yolks, add sugar, lemon rind and juice and water, then flour mixed with baking powder. Fold in beaten whites and steam in buttered cup $\frac{1}{2}$ hour and serve with lemon sauce.

Lemon Sauce.

2 c hot water	grated rind and juice 1 lemon
1 c sugar	1 tbsp butter
2 tbsp corn starch	

Mix sugar and cornstarch and pour over them the boiling water. Cook 5 to 10 minutes, remove from fire and add the lemon rind, juice and butter. Stir till butter is melted and serve.

LESSON XXXII.**Cakes.**

There are two classes of cakes, those with butter or cup cake and those without butter, or sponge cake.

To Mix Butter Cakes.

Cream butter, add sugar gradually, then beaten yolks and flavoring. Add liquid and flour mixed with baking powder, alternately. Beat well, as cake is made fine grained by beating. Lastly fold in beating whites. Never stir or beat after the whites are put in.

To Bake Butter Cakes.

The oven should be hot enough to turn a piece of white paper dark brown in five minutes. The time for baking should be divided into quarters. First, begin to rise; second, continue to rise and begin to brown; third, brown all over; fourth, finish baking. The cake is done when it shrinks from edge of the pan and when a doubled straw, put carefully in the center, comes out clean.

Filling the Pans.

Grease pan and paper if used with lard. Pour in the mixture and let it run well into the corners of the pan. Have pan about $\frac{3}{4}$ full. With the back of the spoon make a slight depression in the center, so the cake will be perfectly flat on top when baked.

One Egg Cake.

$\frac{1}{2}$ c butter	1 c milk
1 c. sugar	2 c flour
1 egg	4 tsp. baking powder
1 tsp vanilla	

Cream butter, add sugar gradually, yolk of egg and flavoring; then milk and flour mixed with baking powder, alternately. Beat well, fold in beaten white and bake in a greased pan 30 to 40 minutes.

LESSON XXXIII.**To Mix Cakes.**

In mixing cake the best ingredients should be used, the measuring should be accurate, the ingredients be combined in the proper order and the oven heated to the right temperature when cake is mixed.

Winter wheat flour should be used, and powdered or fine granulated sugar, as coarse sugar makes a grained and sticky cake.

Cookies and small cakes need a hotter oven than loaf cake.

Cup Cake.

$\frac{3}{4}$ c butter	1 c milk
2 c sugar	$3\frac{1}{4}$ c flour
4 eggs	4 tsp baking powder
$\frac{1}{4}$ tsp mace	

Cream butter, add sugar. Then add eggs well beaten, milk and flour mixed with baking powder and mace. Bake in individual tins.

LESSON XXXIV.**Oatmeal Cookies.**

$\frac{3}{4}$ c shortening	2 c flour
1 c sugar	$\frac{3}{4}$ tsp soda
2 eggs	1 tsp cinnamon
4 tbsp milk	$\frac{1}{2}$ tsp salt
2 c rolled oats	2 c raisins*

Mix in order given. Drop by teaspoonful on greased tin and bake in a moderate oven.

LESSON XXXV.

Wash strawberries before hulling. Peaches, oranges and red raspberries may also be used for short cake.

Strawberry Short Cake.

2 c flour	2 tbsps lard
4 tsp baking powder	2 tbsps butter
½ tsp salt	1 scant c milk

Mix as for baking powder biscuit, roll $\frac{3}{4}$ inches thick and bake in a quick oven. Split carefully with a thread or hot knife and spread with butter. Sweeten strawberries to taste, crush slightly and put them between and on top of the cake.

LESSON XXXVI.**Spring Vegetables—Asparagus.**

Wash, cut off tough ends, tie in bunches or break in inch pieces. Cook in boiling, salted water about 20 minutes or until soft. Drain, remove strings, lay on toast with heads all one way. Pour over it a white sauce, or melted butter.

String Beans.

Remove strings by cutting a thin strip from each end. Break in inch pieces and cook in boiling water until tender; if very young $\frac{1}{2}$ hour; if very old, from 1 to 3 hours. Add salt to water the last 20 minutes of cooking. Drain; cover with milk, thicken with butter and flour in proportion of 2 tbsps butter and 2 tbsps flour to 1 pt milk. Season to taste.

LESSON XXXVII.**Freezing.**

When ice and salt are mixed, a double action takes place. The salt makes the ice melt and the melting ice dissolves the salt. Heat is used up in changing matter from the solid to the liquid form, therefore melting ice and salt reach a temperature below the freezing point of water. If packed around some other liquid, they draw the heat from it so fast that it freezes. This is why a mixture of salt and ice is used to freeze ice cream.

To pack the freezer. Adjust can before starting to pack. Put the ice into a strong canvas bag and pound very fine. Use rock salt; fine salt will not answer the purpose. Fill space between can and pail with alternate layers of ice and salt, using three measures of ice and one of salt.

The ice and salt should come a little above the height at which the cream will stand in the can. Pack ice and salt solidly, turning crank a few times to let the mixture settle. Turn the crank slowly and steadily for twenty minutes, to freeze. The frozen mixture should stand about one hour to ripen.

Pineapple Ice.

1 pt pineapple
4 c water
2 c sugar

White of 1 egg
juice of 1 lemon

Make a syrup of water and sugar, add pineapple and lemon juice.

When cool put in can of freezer and when partly frozen add beaten white of egg. Continue freezing until stiff. Let stand 1 or 2 hours to ripen.

Lemon Ice.

4 c water
2 c sugar

$\frac{3}{4}$ c lemon juice
rind of 2 lemons

Boil sugar and water for 20 minutes. Add lemon juice and rind, cool, strain if desired and freeze.

Other fruits may be used allowing equal quantities of juice and water.

SECOND YEAR COURSE
IN COOKING.

SECOND YEAR COURSE.

LESSON I.

Canning is the process of preserving fruit from germs which would cause it to ferment and decay.

General Rule for Canning Fruit.

Allow from $\frac{1}{2}$ to $\frac{3}{4}$ lb. of sugar to every pound of fruit, and from 2 to $2\frac{1}{2}$ c of water to every pound of sugar. Boil the sugar and water 10 minutes, add fruit and cook until tender. Place the sterilized jars on a wet cloth, fill with fruit and overflow with syrup, force out all air bubbles, adjust sterilized rubbers and covers.

To Sterilize Jars and Rubbers.

Fill jars with cold water and place on a trivet in a kettle of cold water; also the covers. Bring to the boiling point. Empty and fill while hot. Dip rubbers in boiling water before using.

Canned Tomatoes.

Pour boiling water over tomatoes. Remove the skins and hard, green stems, put in a granite kettle and boil twenty minutes, skimming often during the cooking. Fill sterilized jars. Dark jars are better for tomatoes than clear ones.

LESSON II.

Sugar.

The sugar in general use is made from the juice of a tropical plant called sugar cane, and from sugar beets. Natural sugar is also found in the sap of the maple tree and in honey.

It is a very necessary article of food, if taken in small quantities. It produces heat and energy in the body. Children, being more active than grown people, crave more sweets. If heated to 365 degrees F., sugar becomes a colorless liquid called barley sugar. At 420 degrees the sugar turns brown and is called caramel. If heated still further its oxygen and hydrogen gradually pass off as steam, leaving only a black carbon, one-fourth of the weight of the original sugar.

Sugar is heated to different degrees for different things. For some it is boiled till a drop let fall from a spoon spins itself into a fine thread; for some to the soft ball stage, when a little dropped into cold water can be rolled into a soft ball between the fingers; for others, till it makes a hard ball in cold water. When it becomes brittle upon being dropped into cold water, it is the next degree.

Boil peas in water till soft about 20 minutes. Rub through a sieve, add to the white sauce, reheat and serve. Canned or dried peas may be used instead of fresh ones. If dried, they should be soaked over night, and boiled 2 or 3 hours.

LESSON IV.

Cheese is the curd of milk, drained, salted and pressed. Skim milk cheese does not contain as much fat as cheese made from full milk and therefore is not as nourishing. Lard or some other cheap fat is often added to supply the lack of natural fat in cheap cheese. Such cheese is greasy when warm, has little flavor and does not keep well. Cheese, like eggs, contains much nourishment in small bulk. It is a good substitute for meat, and in combination with rice, macaroni and potatoes, may be used in place of it.

Cheese is hard to digest and should not be used by persons of weak digestion, or young children. For those engaged in physical labor, it is one of the best of foods.

Welsh Rarebit

$\frac{1}{4}$ lb cheese	spk of cayenne
$\frac{1}{4}$ c milk	$\frac{1}{2}$ tsp salt
1 egg	2 tsp butter
1 tsp mustard	

Melt the cheese over hot water, add milk and eggs, mixed with seasoning. Cook over hot water until like boiled custard, stirring constantly. Add butter, and when melted pour over toast or crackers and serve at once.

French Rarebit.

8 slices of bread, buttered	$\frac{1}{2}$ tsp mustard
$\frac{1}{2}$ lb cheese	$\frac{1}{2}$ tsp salt
2 c milk	spk cayenne
2 eggs	

Put bread and cheese in layer in a buttered baking dish and pour over it the milk, to which has been added the egg and seasoning. Bake until brown and milk is absorbed in a slow oven.

LESSON V.

Invalid Cooking.

The sick room should be more thoroughly ventilated than any room in the house. It should not contain any unnecessary furniture and should be kept scrupulously clean. The diet is divided into three classes, liquid, light and convalescent. Liquid diet consists entirely of liquid foods, given at intervals of about two hours. It consists chiefly of milk and meat broths. Light diet is given in less severe illness, or until the recovery of a patient. It consists, in addition to the liquid diet, of soft cooked eggs, soups, gelatins, etc. Convalescent diet includes all ordinary dishes that are easily digested. The change from one to another should be made gradually.

All diets should be prescribed by a physician.

Serving on Invalid's Tray.

Take special care in setting the tray. Cover with a spotless tray cloth or dinner napkin, folding same, if it is larger than the tray, that it may come just to the edge. Avoid a fringed cloth, as it is apt to prove annoying. Select the daintiest china, finest glass and choicest silver, making changes as often as possible.

Egg-Nog.

1 egg	$\frac{1}{2}$ c milk
2 tsp sugar	nutmeg

Beat the yolk of an egg until light and creamy, add sugar and milk. Stir in lightly the beaten white, pour into a glass and sprinkle the top with nutmeg.

Beef Tea.

1 lb round steak	salt
1 pt cold water	

Wash meat quickly, remove all fat and cut in small pieces. Put into a fruit jar with the water and cover it. Set on trivet in a kettle of cold water. Heat slowly, simmering, not boiling, for two hours, strain and season with salt. In reheating the tea, great care should be taken not to let it boil.

Raw Beef Sandwiches.

Cut juicy lean meat into thin strips. Scrape the meat from the fibre, season with salt and pepper and spread between thin slices of bread.

Beef Juice.

Cut into small bits lean beef from the top of the round, put into a glass jar, put on the cover and set the jar, wrapped in cloth, upon a trivet in a kettle of cold water. Heat the water slowly until it steams. Let it remain at this temperature four or five hours, then strain, pressing the meat to obtain all the juice.

Stewed Figs.

Wash figs and soak several hours in cold water. Simmer in same water until very tender. Sweeten to taste.

LESSON VI.

Albumen.

Omelets.

For notes see Lesson 7, First Year.

General rule for omelet. Allow one egg for each person and one tbsp. of milk for each egg.

Plain Omelet.

3 eggs	spk pepper
$\frac{1}{4}$ tsp salt	3 tbsp milk or hot water

Beat eggs till well mixed, add salt, pepper and liquid. Put 2 tsp butter in a smooth frying pan, shake it over the fire until melted, then turn in the mixture. Shake occasionally to see that the omelet does not stick. Fold and serve at once.

Beaten Omelet.

3 eggs beaten separately	salt and pepper
3 tbsp milk	

Beat the yolks till very light. Add milk and seasoning, then beaten whites. Heat 2 tsp butter in a frying pan, pour in the omelette and spread evenly. Cook slowly till brown on the bottom. Set in the oven to dry on top, fold and serve at once.

LESSON VII.**Albumen—Continued.****Caramel Custard.**

2 eggs	1 pt scalded milk
$\frac{1}{4}$ c sugar	1 tsp salt
1 tsp vanilla	

Melt sugar for caramel, add slowly to scalded milk, cook till sugar melts. Pour slowly over the beaten eggs and flavor. Pour into buttered cups and bake as baked custard.

Caramel Sauce.

$\frac{1}{2}$ c sugar	$\frac{1}{2}$ c boiling water
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Melt sugar, as for caramel, add water and simmer 10 minutes. Pour over custard when cold.

Prune Souffle.

$\frac{1}{2}$ lb prunes	whites of 3 eggs
1 c sugar	

Cook prunes until very tender. Put through a sieve. When cool, add sugar and beaten whites. Bake in a buttered pan set in a pan of hot water in a moderate oven about 20 minutes. For prune whip, use whites of two eggs, cut prunes instead of straining, and do not bake.

LESSON VIII.**Fish.**

Fish should always be fresh and used in season. When fresh the flesh is firm, and will rise at once when pressed with the finger; the eyes will be bright. Red blooded fish, such as salmon, mackerel and blue fish, have

the oil distributed through the body. White fish, like halibut, cod and haddock, have the oil in the liver, and are more easily digested than red-blooded fish. Fish contain four of the food principles—proteid, fat, mineral matter and water. A large per cent. is refuse. Fish may be preserved by canning, salting, pickling or drying.

To Clean Fish.

Remove scales by drawing the back of the knife over the fish, beginning at the tail and working toward the head. Wash quickly but do not soak. If not to be used at once, sprinkle lightly with salt, wrap in a clean cloth and keep in a cool place.

Baked Fish.

Clean, wipe and dry fish. Do not remove the head and tail. Rub all over with salt, stuff and sew up. Lay the fish in the pan and skewer it into the shape of a letter S. Lay strips of salt pork around the pan and across the back. Sprinkle the fish with salt and pepper and dredge with flour. When the flour begins to brown, baste with the fat in the pan. It is done when the flesh separates easily from the bone. Lift carefully on a hot platter, draw out skewers and strings and serve with drawn butter or egg sauce.

Drawn Butter.

1 pt. hot water or stock.	4 tbsp. flour.
4 tbsp. butter.	$\frac{1}{2}$ tsp. salt.
	pepper.

Melt butter in frying pan, add flour and gradually the hot water. Cook until thick and perfectly smooth. Add cold hard boiled eggs, chopped fine, if desired.

Fish Turbot.

1 pt. milk.	4 tbsp. butter.
4 tbsp. flour.	2 eggs.
	salt and pepper.

Remove bones and skin from fish and flake. Sprinkle with salt and pepper. Make a white sauce with the milk, butter and flour. Season with salt and pepper and if desired a little minced onion. Remove from fire and add beaten eggs. Put a layer of fish in a baking dish, cover with sauce; repeat until the dish is full, cover with buttered crumbs and bake until brown. A few drops of lemon juice sprinkled over the fish improves the flavor.

LESSON IX.

Fish—Continued.

For Notes See Lesson IX.—Ist Year.

Codfish Balls.

$\frac{1}{2}$ lb. codfish.	1 egg.
2 c. diced potatoes raw.	1 tbsp. butter.

Shred codfish, add potatoes, cover with boiling water until tender. Drain and mash. Add beaten egg and butter; shape in tbsp. and sauté or fry in hot fat. Serve hot.

Meat Loaf.

2 lb. lean beef or veal.	4 butter crackers.
$\frac{1}{2}$ lb. salt pork.	1 or 2 beaten eggs.
	2 tbsp. salt.

Chop meat and salt pork, add crackers, beaten eggs, salt and pepper, Pack in a small bread pan and bake slowly 2 hrs. or more. Let cool in the pan. Slice thin in serving.

Salmon Loaf.

1 can salmon.	$\frac{1}{2}$ c. bread crumbs.
3 eggs.	4 tbsp. melted butter.
	salt and cayenne pepper.

Flake fish, add butter, crumbs, beaten eggs and seasoning. Pour into buttered pans and bake or steam 1 hr.

LESSON X

For Notes on Beef, See Lesson XIII.—1st Year.

Frying.

Olive oil, lard, beef drippings, cottolene or cocoa butter may be used for frying. There should be enough fat to entirely cover the articles to be fried. The fat should be hot enough to instantly harden the albumen on the outside to keep the fat from soaking into the article fried. If the article has not enough albumen in it, dip it in fat-proof coating; that is, dip in cracker or bread crumbs, then in slightly beaten egg, then in crumbs again.

Do not put too many articles in the fat at one time as that causes it to bubble over on the stove and also cools it. When they are done drain on brown paper. Strain the fat through cheese cloth or flannel after every frying; it may be used again several times unless it has been used for fish.

To test the fat, drop in a small piece of bread, potato or dough; if it turns brown while you count 60, as the clock ticks, it is hot enough to fry any uncooked mixture. If it browns while you count 40, it is hot enough to fry cooked mixtures.

To Clarify Fat.

Add boiling water to cold fat, stir vigorously and set aside to cool; the fat will form a cake on top, which may be easily removed; on the bottom of the cake will be found sediment which may be readily scraped off with a knife.

Roast Beef.

Wash meat quickly, place in a dripping pan and sprinkle with salt, pepper and flour. Place in a hot oven. When the flour begins to brown reduce the heat of the oven slightly and baste with the fat in the pan. If the fat begins to burn add a little boiling water. Baste every 10 min. turning the meat during the roasting. Roast 15 min., to the lb., if liked rare; 20 min., to the lb., if well done.

Gravy.

To the fat in the pan add an equal quantity of flour. (about 4 tbsps. of each) and stir until brown. Add gradually boiling water to make of the right consistency. Cook until smooth. Season with salt and pepper.

Croquettes.

General rule:—Two parts chopped cooked meat or fish to one part of thick white sauce, cheese, macaroni, and some kinds of vegetables may also be used in making croquettes.

Beef Croquettes.

2 c. chopped cold cooked beef.	Yolk of 1 egg.
½ tsp. salt.	Few grains of cayenne.
spk. of pepper.	Few drops of onion juice.
1 c. thick white sauce.	

Mix in order given, shape, roll in fat-proof coating and fry.

Thick White Sauce.

2 tbsps. butter.	1 c. milk.
4 tbsps. flour.	seasoning.

Make the same as other white sauces.

LESSON XI.**Veal.**

For notes on veal see Lesson 14, 1st yr.

Breaded Veal.

Cut veal steak in pieces suitable for serving, sprinkle with salt and pepper, and roll in fat-proof coating. Sauté in hot lard. Chops may also be used.

Baked Breaded Veal.

Place veal steaks in dripping pan, cover with buttered and seasoned crumbs. Bake in a fairly hot oven about 30 min., or until tender. Add a small amount of water if crumbs brown too quickly. Serve with tomato sauce.

Tomato Sauce.

For recipe see Lesson 22, 1st yr.

LESSON XII.**Pork.**

Pork is the name given to the flesh of a pig or hog. It should be eaten soon after it is killed and dressed. Good pork should be pale red in color, firm, and the fat white and clear. Pork has more fat than any other meat. The leaf lard comes from leaf shaped pieces of solid fat which lie just inside the flank. Fresh pork is hard to digest, but is made

more wholesome by salting and smoking. Pork should be thoroughly cooked and eaten only in cold weather as it is more liable to disease than any other meat.

Pork Chart.

Cuts of Pork.

- 1.—Ham. Frying and boiling.
- 2.—Tenderloin. Frying and roasting.
- 3.—Loin. Chops and roast.
- 4.—Ribs. Chops and roast.
- 5.—Leaf lard (inside.) Lard.
- 6.—Tail piece. Sausage.
- 7.—Clear back fat. Salt pork.
- 8.—Flank. Salt pork and bacon.
- 9.—Shoulder. Boiling.
- 10.—Jowl. Head cheese.
- 11.—Hocks. Pickling and boiling.
- 12.—Feet. Pickling and boiling.

Broiling.

Broiling is cooking directly over a bed of coals, which should be free from smoke and flame, or over a gas flame. The surface of the meat being exposed to intense heat, coagulates, and the flow of the juices is started upward, then the meat should be quickly turned and the other side seared, so preventing the loss of the juices. Turn again and again until browned. Only tender, juicy meats should be broiled.

Pan-Broiling.

For pan-broiling have the pan very hot before putting in the meat. Rub it lightly with a bit of fat from the meat. Let the meat lie on one side until seared, then turn it and continue turning occasionally until done. If melted fat collects in the pan, pour it off. Season and serve like broiled meat.

Broiled Steak.

Grease the broiler with a bit of fat from the meat. Wash meat quickly. Place the thickest part of the steak near the middle of the broiler. Turn the broiler every ten seconds. When well browned on both sides put on a hot platter. Season with salt, pepper and butter.

Steak $\frac{3}{4}$ in. thick should be broiled from 4 to 6 min.

Pan Broiled Chops.

Wipe chops clean and put into a hot frying-pan, without grease. Turn as soon as seared. Season; brown nicely on both sides. Put on a hot platter. Beef steak may be cooked in the same way.

LESSON XIII.

Poultry.

The flesh of poultry has less red blood and is drier than the flesh of animals. It is not marbled with fat, as that is found in layers just inside the skin, and around the intestines. Chicken is easily digested. It is found in market throughout the year. From March till June, the Spring chickens are the best.

Turkeys and ducks are best during the winter months.

The best chickens have soft, yellow feet, short thick legs, smooth moist skin, plump breast, with the cartilage on the end of the breast bone soft and pliable.

Pin feathers always indicate a young bird, and long hair an older one. Older fowls have long thin necks and feet and sharp scales; the end of the breast bone is hard, the flesh has a purplish tinge, and there is usually a large amount of fat.

To Prepare a Fowl for Cooking.

Pick out pin-feathers, remove the hair by singeing over a blaze and wipe with a damp cloth. Cut off the head and remove the wind pipe and crop without cutting the skin. Cut through the skin below the leg joint without cutting the tendons. Place leg at edge of board and break the joint; hold the fowl firmly in the left hand and pull off the foot with the tendons. In old birds the tendons must be taken out one at a time, using a steel skiver. Make an incision below the breast bone, with the hand remove the entrails, gizzard, heart and liver. The last three are called giblets. Do not break the gall bladder, lying on the under surface of the right lobe of the liver. Remove carefully the lungs and kidneys, lying

in the hollow near the back bone. Remove the bile-bag, and wash the fowl by letting cold water run through it, but do not let it soak in cold water. Clean the giblets carefully.

Roast Chicken.

Clean and stuff chicken. Sew up the incision. Rub all over with soft butter and salt. Tie it into a compact shape, fastening the legs and wings close to the body, dredge with flour. Place in a hot oven, and when the flour browns, baste with $\frac{1}{4}$ c. butter melted in $\frac{2}{3}$ c. boiling water. Baste every ten min., using more water if necessary, to prevent burning. Turn the chicken, that it may brown evenly. When the breast meat is tender, the chicken is sufficiently cooked. Roast a 4 lb. chicken about $1\frac{1}{2}$ to 2 hrs.

Stuffing.

1 c. crumbs.	$\frac{1}{3}$ c. boiling water.
4 tbsp. butter.	salt and pepper.
	sage, marjoram or thyme.

Season crumbs, add water in which butter has been melted and stuff the fowl, pressing in tightly and sewing incision.

Gravy.

To the fat in the pan, add 1 c. boiling water and 1 c. milk. Thicken with 3 tbsp. flour wet in cold water. Cook till thick.

Creamed Chicken on Toast.

$1\frac{1}{2}$ c. cold cooked chicken cut fine.

1 c. white sauce.

Heat the chicken in the sauce. Serve on toast.

LESSON XIV.

Starch—Potatoes.

For notes on potatoes and starch see Lesson 17, 1st yr.

Monte Carlo Potatoes.

Dice raw potatoes fine. Put into a buttered baking dish, season with salt, pepper and butter. Cover with milk and bake $\frac{3}{4}$ hr. or until soft.

Potato Soufflé.

6 potatoes.	3 tbsp. milk.
2 tbsp. butter.	2 eggs.
	salt and pepper.

Boil and mash potatoes, add butter, milk, seasoning and yolks of eggs. Fold in the beaten whites. Place in a buttered baking dish and bake in hot oven about 10 min. Serve at once.

LESSON XV.**Starch—Tapioca.**

Tapioca is almost pure starch obtained from the root of the cassava plant a native of South America. It is put on the market in several forms, Pearl, Minute, Instantaneous and Flake.

Apple Tapioca.

$\frac{3}{4}$ c. tapioca.	$\frac{1}{2}$ tsp. salt.
$2\frac{1}{2}$ c. boiling water.	$\frac{1}{2}$ c. sugar.
5 apples.	

If pearl tapioca is used, soak in cold water over night or several hrs. Minute tapioca need not be soaked. Pour over it the boiling water, and cook in a double boiler until transparent. Stir often and add salt. Pare and slice apples, put into a baking dish, sprinkle over them the sugar and if liked, lemon juice. Pour over the tapioca and bake until apples are very soft. Serve hot or cold. A delicious variation may be made by using half pears or canned quinces and half apples.

Tapioca Cream.

$\frac{1}{4}$ c. pearl tapioca.	$\frac{2}{3}$ c. sugar.
1 pt. milk.	$\frac{1}{2}$ tsp. salt.
2 eggs.	$\frac{1}{2}$ tsp. vanilla.

Soak tapioca in hot water enough to cover, in the top of the double boiler, placed on the back of the stove. When the water is absorbed, add the milk and cook until the tapioca is transparent and soft. Add sugar and salt to the beaten yolks. Pour the boiling mixture slowly on them, return to the double boiler and cook 2 min., or till it thickens slightly. Remove from the fire, add the flavoring and beaten whites. Cool and serve.

LESSON XVI.**Vegetables.****Escalloped Onions.**

Peel and wash onions. Cook in boiling water with $\frac{1}{4}$ tsp. soda for 5 min. Drain, cover with boiling salted water and cook 1 hr. or until tender. Drain, put a layer in a baking dish, sprinkle with salt and pepper and cover with white sauce. Repeat until dish is nearly full. Cover with buttered crumbs and brown in a hot oven.

Stewed Tomatoes.

Scald tomatoes and remove the skins. Cut in small pieces and put in a stew pan. Season with salt, pepper, butter and a little sugar if desired. Stew slowly, about $\frac{1}{2}$ hr. or longer if not very ripe. A few bread crumbs may be added before removing from fire.

Escalloped Tomatoes.

Put a layer of stewed tomatoes in the bottom of a baking dish. Sprinkle with salt, pepper and dot with butter. Repeat until dish is nearly full. Sprinkle the top with buttered crumbs and bake in a hot oven until brown. Crumbs may be put in between the layers if preferred.

LESSON XVII.

Salads.

For notes on salads see Lesson 20, 1st yr.

Vegetable or Macedoine Salad.

Cold cooked peas, carrots, beets, string beans or almost any cold vegetable may be combined in this salad. Cut beets and carrots in half inch cubes; string beans and celery in short lengths.

Mix each vegetable separately with French or boiled dressing and arrange them in sections, forming a circular mound upon a bed of lettuce. Let vegetables of contrasting colors come next each other and garnish with radishes, celery tips and small lettuce leaves.

French Dressing.

2 tbsp. olive oil.	$\frac{1}{2}$ tsp. salt.
1 tbsp. vinegar or lemon juice.	$\frac{1}{4}$ tsp. pepper.

Stir seasoning into the oil, add vinegar and stir hard until the dressing thickens slightly.

Boiled Dressing.

$\frac{1}{2}$ tbsp. salt.	1 tbsp. flour.
$\frac{1}{2}$ tsp. mustard.	Yolks of 2 eggs or 1 whole egg.
1 tbsp. sugar.	$\frac{3}{4}$ c. milk.
few grains cayenne.	$\frac{1}{4}$ c. vinegar.
1 tbsp. butter.	

Mix dry ingredients, add slightly beaten eggs, and milk. Cook over boiling water until it thickens, stirring constantly. Add vinegar slowly, and butter; strain if necessary and cool. If it curdles, beat with Dover egg beater until smooth.

LESSON XVIII.

Salad—Continued.

Salmon Salads.

1 hard boiled egg.	1 can salmon.
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Drain oil from salmon. Remove skin and bone. Flake fish, being very careful not to mash. Add egg, cut into dice and moisten with salad dressing. Chopped sour pickle, cucumber cut into dice, broken nut meats and shredded lettuce may be added.

Veal Salad.

2 lb. cold cooked veal.	1 stalk celery or 1 cucumber.
nut meats.	

Dice meat, add celery or cucumbers cut in dice, then nut meats. Moisten with dressing and serve on shredded lettuce.

Salad Dressing.

4 tbsp. flour.	dash of cayenne pepper.
4 tbsp. sugar.	2 eggs.
1 tsp. salt.	$\frac{2}{3}$ c. vinegar.
1 tsp. mustard.	$\frac{1}{3}$ c. water.
3 tbsp. olive oil or $1\frac{1}{2}$ tbsp. butter.	

Mix dry ingredients, add eggs, slightly beaten, vinegar and water. Cook over hot water until thick. Add butter, or, if oil is used, add very slowly.

LESSON XIX.**Beans.**

String beans. There are two varieties, green and yellow (butter beans). The green beans are the best flavored and are in market from July to October.

Shell beans, are sold in pods or shelled. They are in market during July and August. These are Lima Beans. Dried beans may be had throughout the year.

Beans are deficient in fat and therefore should be cooked with some form of it. They are easily digested if the hull is broken, but if not, the digestive juices cannot penetrate them; hence split beans which have the hulls removed are more easily digested.

Steaming.

A mold or tightly covered tin can may be used for batters, while doughs may be placed in the bottom of a steamer. The mold should be thoroughly greased and if it has no cover, a piece of strong brown paper, greased, may be tied over the top. Place the molds in a steamer over boiling water or on a rack in a kettle of boiling water. Keep the water boiling and as it evaporates, replenish with more of the same temperature.

Boston Baked Beans.

1 pt. beans.	$\frac{1}{4}$ c. molasses.
$\frac{1}{4}$ tsp. soda.	1 tsp. mustard.
$\frac{1}{2}$ tsp. salt.	$\frac{1}{4}$ lb. salt pork.
1 small onion.	

Pick over, wash beans and soak over night in cold water. Drain, add soda and cover again with cold water. Boil 20 min., or until the outside skin cracks. Boil the pork 20 min., saving the water in which it was boiled. Put the onion and pork in the bottom of the bean jar. Fill with beans and pour over them the molasses, with which the seasoning has been mixed. Cover with the water in which the pork was boiled and bake slowly for 5 or 6 hrs. Cover while baking and add water as needed. Brown sugar may be used instead of molasses.

Boston Brown Bread.

1 c. rye flour.	2 tsp. soda.
1 c. corn meal.	$\frac{1}{2}$ tsp. salt.
1 c. graham flour.	$\frac{3}{4}$ c. molasses.
2 c. sour milk.	

Mix dry ingredients. Add milk and molasses and beat well. Pour into greased molds. Grease covers also and never fill molds more than $\frac{2}{3}$ full. Half molasses and half brown sugar may be used. Steam $3\frac{1}{2}$ hours.

LESSON XX.

For sponge bread, see Lesson 23, first year.

BREAD.**Vienna Bread.**

1 pt. milk.	2 tbsp. salt.
1 pt. boiling water.	1 cake yeast dissolved in
2 tbsp. sugar.	1 c. lukewarm water.
2 tbsp. lard or butter.	Flour to make a soft dough.

Put the salt, sugar, lard and milk in a bowl and pour over them the boiling water. When luke warm add yeast and flour enough to make a dough. Turn on a well floured board and knead 20 min. Put into a greased bowl, grease the top to prevent a hard crust from forming. Cover closely and do not let drafts of cold air strike it. Let rise till it doubles in size, over night in winter, about four hours in summer. Knead lightly to work out bubbles of gas. Shape into loaves or rolls. Let loaves rise in the pan $\frac{1}{2}$ to $\frac{3}{4}$ hrs. and bake 40 to 60 min. or till a rich brown and the loaf emits a hollow sound when tapped on the bottom.

Rolls should rise in the pan from 1 to $1\frac{1}{2}$ hrs. and bake in a hot oven 20 minutes.

Oatmeal Bread.

2 c. oatmeal.	$\frac{1}{4}$ c. sugar.
3 c. boiling water.	1 cake yeast dissolved in
1 tbsp. lard.	1 c. lukewarm water.
1 tsp. salt.	flour.

Scald the oatmeal with boiling water, add lard, salt, sugar and when luke warm, the dissolved yeast cake. Add flour enough to make a very stiff dough, so that the spoon will stand upright in it.

Beat thoroughly as the flour is added. Put in greased pans and let rise about 2 hrs. The pan should be $\frac{1}{2}$ to $\frac{3}{4}$ full. Bake 1 hr. in a moderate oven.

LESSON XXI.**Coffee Cake.**

1 c. scalded milk.
 $\frac{1}{3}$ c. butter or
 butter and lard.
 $\frac{1}{4}$ c. sugar.
 flour.

$\frac{1}{2}$ tsp. salt.
 $\frac{1}{3}$ cake yeast
 dissolved in $\frac{1}{4}$ c.
 luke warm water.
 1 egg.

Add butter, sugar and salt to milk. When lukewarm, add dissolved yeast cake and egg well beaten. Add flour enough to make a stiff batter; cover and let rise over night; knead lightly in the morning, spread in greased dripping pan, cover and let rise again. Before baking, brush with beaten egg and cover with following mixture: Melt 3 tbsp. butter, add $\frac{1}{2}$ c. sugar. Remove from fire when sugar is partially melted, add $\frac{1}{4}$ tsp. cinamon and 3 tbsp. flour.

LESSON XXII.**Uses of stale bread.**

Stale bread, if heated in a closely covered pan, becomes almost like fresh bread and can be used again on the table. Keep pieces of stale bread by themselves in a jar or covered bowl. Slightly stale pieces may be used for toast. Dry, broken pieces in a warm oven until they are crisp but not brown. Crush and sift the crumbs and keep in a glass jar closely covered. They will keep for several weeks. Coarser and browned crumbs may be used for the tops of escalloped dishes. Broken pieces not dried are suitable for bread puddings, stuffing, and fillings for escalloped dishes. Bread, dried slowly in the oven until brittle and brown all through, is liked by many people and is excellent for children.

Bread Pudding.

1 pt. stale bread crumbs.
 1 qt. milk.
 3 eggs.
 $\frac{1}{4}$ c. sugar.
 $\frac{1}{2}$ tsp. salt.
 2 tbsp. butter.
 $\frac{1}{4}$ tsp. nutmeg or cinnamon.

Soak bread crumbs in milk. Beat eggs, add sugar, salt, butter and spice. Stir this mixture into the bread and milk. Put into a baking dish and bake 1 hr. in a moderate oven. If desired, add 1 square melted chocolate.

Egg Toast or Fried Bread.

1 egg.
 1 c. milk.
 1 ssp. salt.
 10 slices bread.

Beat eggs slightly, add milk and salt. Dip bread quickly into the mixture. Sauté, browning on both sides. Serve with butter and syrup, or with a lemon sauce for dessert.

Yellow Sauce.

2 eggs.
 1 tbsp. cream.
 1 c. powdered sugar.
 1 tsp. vanilla.

Beat eggs till thick and lemon colored. Add cream and sugar gradually, continue beating. Flavor and serve.

LESSON XXIII.**Corn Fritters.**

1 pt. corn.	1 tsp. salt.
$\frac{1}{4}$ c. flour.	spk. pepper.
$\frac{1}{2}$ tsp. baking powder.	2 eggs.

If fresh corn is used, score down the center of each row, cut off kernels, and with the back of a knife, press out the pulp. If canned corn is used, chop fine and add 2 tbsp. milk. Add beaten yolks, flour, baking powder and seasoning to the corn, fold in beaten whites. Saute by dropping table spoonfuls into the hot fat. Brown on both sides. Do not pile one on another or the lower ones will be greasy and soggy.

Apple Fritters.

1 $\frac{1}{2}$ c. flour.	2 c. milk.
4 tsp. baking powder.	1 egg.
$\frac{1}{4}$ tsp. salt.	1 tbsp. butter.

2 tart apples.

Mix dry ingredients, add milk, beaten egg, and butter, melted. Pare, core and slice apples in small pieces and stir into the batter, or cut in round slices and dip into the batter, one at a time and sauté or fry.

LESSON XXIV.

For notes see Lesson 28, 1st yr.

In making cookies, care should be taken not to make them too stiff or they will be dry. Handle as little as possible to avoid making them tough. Roll only a part of the dough at a time, cutting the cookies as close together as possible. Place in the pans with an inch space between each cookie to retain the shape. Cookies require a hot oven, and should be removed from the pan while hot to prevent breaking.

Sour Milk Cookies.

1 c. butter.	1 c. sour milk.
1 c. sugar.	1 tsp. soda.
2 eggs.	flour.

Mix in order given, mixing soda with 2 c. flour, then adding flour enough to roll. Turn on a floured board, roll about $\frac{1}{4}$ inch thick, cut and bake on floured tins.

Sour Milk Ginger Cookies.

1 c. butter.	$\frac{1}{2}$ c. sour milk.
1 c. sugar.	2 tsp. cinnamon.
1 c. molasses.	1 $\frac{1}{2}$ tsp. soda.
1 egg.	flour.

speck cloves, allspice, ginger and nutmeg.

Mix in order given, mixing the soda and spices with 2c. flour, and continue as for sour milk cookies.

LESSON XXV.**Sour Milk Chocolate Cake.**

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|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ c. butter. | $\frac{1}{3}$ c. boiling water. |
| $2\frac{2}{3}$ c. brown sugar (1 lb.) | 1 tsp. soda. |
| 2 eggs. | 1 square chocolate. |
| $\frac{1}{2}$ c. sour milk. | 2 c. flour. |

Cream butter, add sugar gradually, beaten eggs, sour milk and boiling water, with soda and chocolate dissolved in it. Add flour and bake in greased tins.

Sour Milk Spice Cake.

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| 1 c. sugar. | 1 egg. |
| 3 tbsp. shortening. | 1 tsp. soda. |
| 1 c. sour milk. | 2 c. flour. |
| $\frac{1}{2}$ tsp. cinnamon. | $\frac{1}{2}$ tsp. cloves. |
| $\frac{1}{4}$ tsp. ginger. | $\frac{1}{4}$ tsp. nutmeg. |

Cream butter, add sugar gradually, and cream again. Add beaten egg, sour milk, and flour mixed with soda and spices. Bake in a greased pan, in a moderate oven.

LESSON XXVI.**Sour Milk Fried Cakes.**

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| $\frac{1}{4}$ c. shortening. | 1 tsp. soda. |
| 2 c. sugar. | 1 tsp. cream tartar. |
| 3 eggs. | $\frac{1}{2}$ tsp. salt, |
| 1 pt. sour milk. | flour. |
| $\frac{1}{2}$ tsp. cinnamon or nutmeg. | |

Mix in order given, mixing soda, cream of tartar and salt with 2 c. flour. then more flour to make a soft dough. Turn on a floured board, roll about $\frac{1}{2}$ inch thick, cut and fry.

Potato Fried Cakes.

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| 2 good sized potatoes. | 2 eggs. |
| 2 tbsp. butter. | 4 tsp. baking powder. |
| 1 c. sugar. | |
| $\frac{1}{2}$ tsp. salt. | flour. |
| $\frac{1}{2}$ tsp. cinnamon or nutmeg. | |

Boil and mash potatoes, add butter, sugar, eggs and 2 c. flour mixed with salt and baking powder, then more flour to make a soft dough. Turn on a floured board, roll $\frac{1}{2}$ inch thick, cut and fry.

LESSON XXVII.**Apple Dumplings.**

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|--------------------------|---------------------|
| 2 c. flour. | 1 tbsp. shortening. |
| 4 tsp. baking powder. | 1 scant c. milk. |
| $\frac{1}{2}$ tsp. salt. | 3 apples. |

Mix as for baking powder biscuits. Roll $\frac{1}{4}$ in. thick. Put saucer on dough, and cut around with a short knife. Place on this dough sliced apples. Sprinkle with sugar fold the dough over the apple, pinching it down thoroughly. Steam 1 hr. and serve with a sauce or cream, or place in a baking dish and pour over them a syrup made with 1 c. sugar, 2 c. boiling water and 1 tbsp. butter and bake 45 min., covering the first half hour.

Pudding Sauce.

3 tbsp. butter.	1 $\frac{1}{2}$ c. hot water.
4 tbsp. flour.	1 $\frac{1}{2}$ c. brown sugar.
2 tbsp. lemon juice.	

Melt butter, add flour and then hot water gradually. Cook until thick and smooth and add sugar. Stir until sugar is melted, add lemon juice and serve hot.

LESSON XXVIII.**Dutch Apple Cake.**

2 c. flour.	4 tbsp. butter.
4 tsp. baking powder.	1 c. milk.
$\frac{1}{2}$ tsp. salt.	1 egg.
2 apples.	

Mix dry ingredients, cut in the butter, add milk and beaten egg. Spread on greased shallow pans. Pare, core and cut apples in slices laying them in rows on top of the dough pressing in slightly. Sprinkle top with sugar and cinnamon mixed and bake in a hot oven from 20 to 30 min. Serve with sauce.

Peach Cobbler.

1 c. flour.	2 tsp. butter.
2 tsp. baking powder.	$\frac{3}{4}$ c. milk.
$\frac{1}{4}$ tsp. salt.	6 or 8 peaches.

Mix as for baking powder biscuit. Pare and slice peaches, and put in the bottom of a baking dish. Add 1 c. sugar and 2 tbsp. water. Cover with batter and bake 30 min. in a moderate oven. Serve with cream and sugar. Canned or dried peaches or berries may be used.

LESSON XXIX.**Cookies.**

$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ tsp. flavoring.
1 c. sugar.	4 tsp. baking powder.
2 eggs.	$\frac{1}{2}$ tsp. nutmeg.
$\frac{1}{4}$ c. milk.	2 $\frac{1}{2}$ c. flour.

Cream butter, add sugar, beaten eggs, milk, flavoring and flour mixed with baking powder and nutmeg. Turn on a floured board, roll, cut and bake on greased tins about 10 min.

LESSON XXX.

The general thickness of cake batters varies with its kind. The batter for loaf cake should drop from the spoon in a thick mass. For layer cakes, the batter should drop in ribbons, breaking often. For sponge cake should be thin enough to pour.

(See notes Lesson 32 and 33 1st yr).

Mother's Cake.

$\frac{3}{4}$ c. butter scant.	1 tsp. vanilla.
1 $\frac{1}{2}$ c. sugar.	1 c. milk.
3 eggs.	4 tsp. baking powder.
3 c. flour.	

Cream butter, add sugar gradually, then beaten yolks and flavoring. Mix flour and baking powder, and add alternately with the milk. Beat well and fold in beaten whites. Bake 40 to 50 min. in a moderate oven, if a loaf, 20 to 25 min. if in layers.

Boiled Frosting.

1 c. sugar.	whites 2 eggs.
$\frac{1}{2}$ c. water.	$\frac{1}{2}$ tsp. vanilla.

Mix sugar and water, heat gradually and boil slowly without stirring until syrup will thread, when dropped from tip of spoon or tines of a silver fork. Pour gradually on whites beaten very stiff, and continue beating until thick enough to spread, then add flavoring. If beaten too long, it will not be smooth. If not beaten long enough, the frosting will run.

LESSON XXXI.

The oven for baking sponge cake should be hot enough to turn a piece of white paper a light brown in 5 min.

To Mix Sponge Cakes.

Separate yolks from whites of eggs. Beat yolks till thick and lemon colored, using an egg beater; add sugar gradually, and continue beating, then add flavoring. Beat whites till stiff and dry, add to the first mixture. Mix and sift flour with salt and baking powder if used, and cut and fold it in with the eggs at the last. If mixture is beaten after the addition of the flour, much of the work already done of enclosing the air is lost.

Berwick Sponge Cake.

3 eggs.	1 tsp. flavoring.
1 $\frac{1}{2}$ c. sugar.	4 tsp. baking powder.
1 c. water.	2 c. flour, scant.

Beat yolks 5 min., add sugar slowly and beat 2 min. Add water and flavoring. Slip the beaten whites into the bowl, and sift the flour, mixed with the baking powder, slowly over them. Fold all together. Bake in greased shallow tins or loaf. Split and fill with cream. Sprinkle the top with powdered sugar.

Cream.

1 pt. milk.	$\frac{1}{2}$ ssp. salt.
2 eggs.	2 tbsps. butter.
$\frac{1}{2}$ c. sugar.	4 tbsps. flour.
$\frac{1}{2}$ tsp. flavoring.	

Scald milk and thicken it with butter and flour as for white sauce. Add eggs mixed with sugar and salt. Cook 2 min. Cool and flavor.

LESSON XXXII.

Gold Cake.

$\frac{1}{2}$ c. butter scant.	$\frac{1}{2}$ c. milk.
$1\frac{1}{4}$ c. sugar.	4 tsp. baking powder.
yolkes of 4 eggs.	$\frac{1}{4}$ tsp. nutmeg.
2 c. flour.	

Cream butter, add sugar gradually and cream again. Add beaten yolks, milk, and flour mixed with baking powder and nutmeg. Bake in greased tins.

Silver Cake.

$\frac{1}{2}$ c. butter.	4 tsp. baking powder.
$\frac{1}{4}$ c. sugar.	2 c. flour.
$\frac{1}{2}$ c. milk.	$\frac{1}{2}$ tsp. flavoring.
whites 4 eggs.	

Cream butter, add sugar gradually and cream again. Add flour, mixed with baking powder and milk alternately, then flavoring. Beat well and fold in beaten whites. Bake in greased tins.

Chocolate Frosting.

2 squares chocolate.	3 tbsp. milk.
1 scant c. powdered sugar.	yolk 1 egg.
$\frac{1}{2}$ tsp. flavoring.	

Melt chocolate over hot water. Add one half the sugar and all of the milk. Add remaining sugar, and slightly beaten yolk. Cook until it thickens, stirring constantly. Cool slightly, flavor and spread on cake.

LESSON XXXIII.

Pastry should be handled as little, as lightly and as quickly as possible. Winter wheat flour should be used. Butter makes a crisp brown crust; lard, a tender, white crust. The shortening and the water should be cold and mixed into the flour with a knife, that the heat of the hands may not soften the shortening. If convenient, use a marble or glass slab for rolling. Never use cheap materials for a pie. Pastry should be put into a hot oven and the heat lessened after a short time, as it should rise first and then brown.

Plain Paste.

$1\frac{1}{2}$ c. flour.	$\frac{1}{2}$ c. lard.
$\frac{1}{2}$ tsp. salt.	ice water.

Mix flour and salt. Cut in the lard with a knife. Add water gradually, using only enough to moisten. Turn on a floured board and roll one half of it for the lower crust, about $\frac{1}{8}$ of an inch thick. Fit loosely on a pan, cutting around the edges with a knife. Brush the edge lightly with cold water to make the two crusts stick together. The pie is then ready to fill. After filling, roll out the rest of the dough, making incision in the center to allow the steam to escape. Fit the upper crust to the lower crust, cut the edges to fit the pan, and press them together to prevent the juices from escaping.

Apple Pie.

Pare, core and slice apples, or cut in dice. Fill the lower crust, heaping slightly in the center. Sprinkle with sugar and nutmeg or cinnamon. Add a little flour, dot with butter, add a little water. Put on the upper crust and bake 35 to 40 min.

LESSON XXXIV.**Paste No. 2.**

1½ c. flour.	¼ c. butter.
½ tsp. salt.	¼ c. lard.
	ice water.

Mix flour and salt, cut in lard with a knife. Add water gradually, using only enough to moisten. Turn on a floured board, roll, dot with the butter. Sprinkle with flour and fold toward the center. Roll out again, and roll up as for a jelly roll. Cut from this enough for a single crust standing on end. Press flat with hand and roll out to fit the pan. Flour the pan before putting on the crust. The edge of the crust should be slightly full to prevent shrinking from the edge of the pan. Fill with the filling desired, using the rest of the pastry for an upper crust.

Lemon Pie.

1½ c. sugar.	yolks 2 eggs.
6 tbsp. corn starch.	grated rind and juice 1 or 2
2 c. boiling water.	lemons.
1 tbsp. butter.	

Mix sugar and cornstarch. Add boiling water, stirring constantly. Cook 2 min., add butter, slightly beaten yolks and lemon. Pour into a pan and bake until the crust is brown, about 25 or 30 min. Cool slightly and cover with meringue. A double rim may be used if preferred and the crust baked before adding filling.

Meringue.

whites of 2 eggs.	lemon juice or vanilla.
4 tbsp. powdered sugar.	

Beat whites until stiff, add sugar gradually and flavoring. Spread on pie and bake slowly until brown.

LESSON XXXV.**Graham Pudding.**

¼ c. butter.	1½ c. graham flour.
½ c. milk.	½ tsp. soda.
½ c. molasses.	1 tsp. salt.
1 egg.	1 c. raisins chopped.

Melt butter, add milk, molasses and beaten egg, mixed dry ingredients and floured raisins. Pour into a buttered mold, cover and steam 2½ hrs. Serve with sauce. Individual molds require 1 hr.

Hard Sauce.

$\frac{1}{3}$ c. butter.	$\frac{1}{3}$ tsp. lemon extract.
1 c. powd. or gran. sugar.	$\frac{2}{3}$ tsp. vanilla.

Cream butter, add sugar gradually and flavoring. Shape and serve.

Suet Pudding.

$2\frac{1}{2}$ c. flour.	$\frac{1}{2}$ tsp. ginger.
1 tsp. soda.	1 c. suet, chopped.
$\frac{1}{2}$ tsp. salt.	1 c. raisins, chopped.
1 tsp. cinnamon.	1 c. currants.
$\frac{1}{2}$ tsp. nutmeg.	1 c. milk.
$\frac{1}{2}$ tsp. cloves.	1 c. molasses.

Mix in order given, pour into buttered mold, cover and steam 3 hours.

Foamy Sauce.

$\frac{1}{2}$ c. butter.	1 egg.
1 c. sugar.	flavoring.

Cream butter, add sugar gradually and beaten egg. Beat while heating over hot water, being careful not to let the butter melt. This should be just warmed to the consistency of cream but not hot. Flavor and serve.

LESSON XXXVI.**Sandwiches.**

Bread for sandwiches should be at least a day old and cut in thin slices. It is not necessary to remove crusts. Use butter creamed until very soft. The slices of bread should fit together. Roll each in oiled paper.

Lettuce Sandwiches.

Shred lettuce and put a little on the buttered bread. Dot with salad dressing, cover with lettuce and press on the other slice of bread. Trim edges of lettuce with scissors and cut in half.

Egg Sandwiches.

Chop cold hard boiled eggs, moisten with salad dressing and spread thinly between slices of buttered bread. One egg makes three sandwiches.

Sardine Sandwiches.

Drain oil from sardines. Remove skin and bones. Mash, add yolks of hard boiled eggs mashed fine. Season with salt, pepper and a few drops of lemon juice. Spread thinly between slices of buttered bread.

Use one sardine for each sandwich and allow the yolk of one egg for four sardines.

Ham Sandwiches.

Mince cold boiled ham and moisten with salad dressing or melted butter and spread between buttered bread; or put cold boiled ham sliced very thinly between slices of buttered bread. One tbsp. of minced ham makes one sandwich.

Relish Sandwiches.

Chop olives, pickles and English walnuts very fine and moisten with salad dressing. Spread thinly between slices of buttered bread.

Pimentos may be added.

Brown Bread Sandwiches.

Mash neufchatel cheese, add chopped olives and spread thinly between slices of buttered brown bread.

LESSON XXXVII.**Freezing.**

For notes on freezing, see Lesson 37, first year.

Ice Cream.

2 tbsp. flour.

1 c. sugar.

$\frac{1}{8}$ tsp. salt.

1 egg.

1 pt. milk.

1 qt. cream.

1 tbsp. vanilla.

Mix flour, sugar, salt and slightly beaten egg. Then scalded milk gradually. Cook over hot water 15 min., stirring constantly at first. When cool add cream and flavoring. Strain and freeze.

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